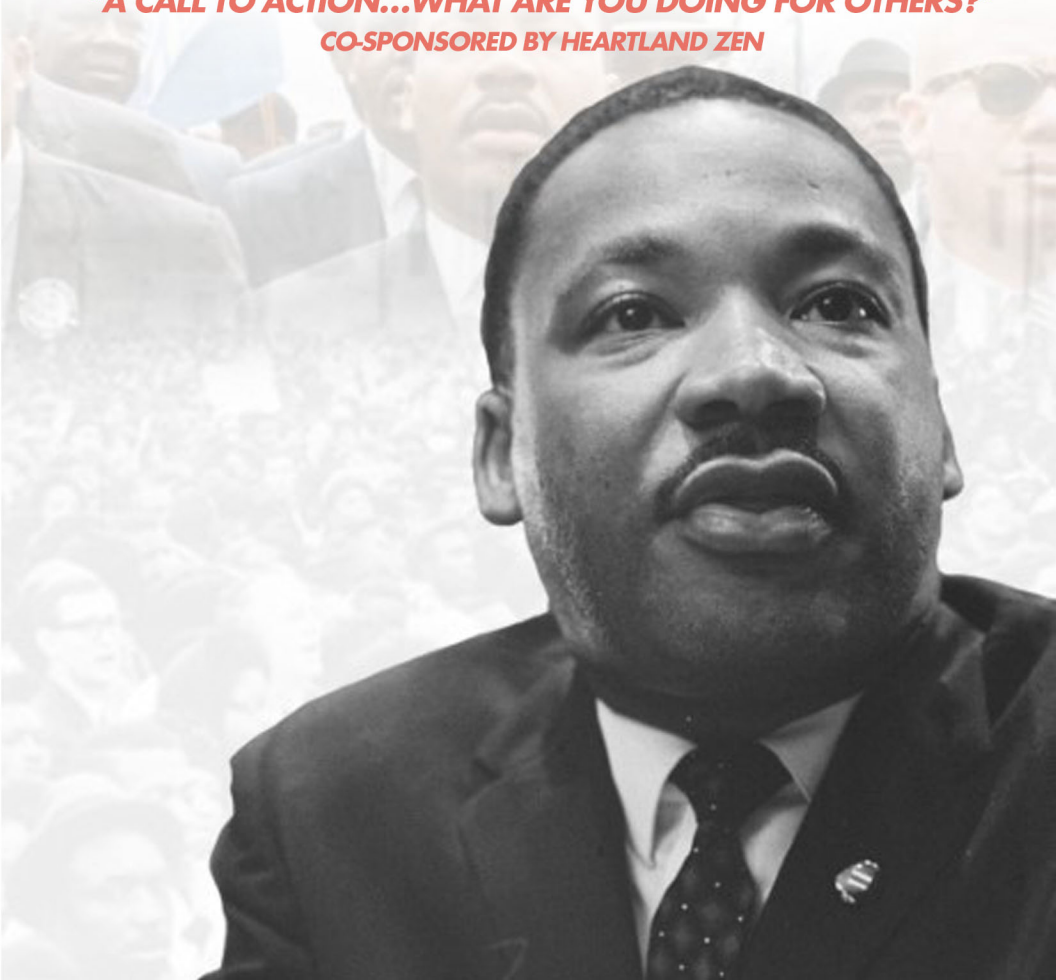


CALENDAR OF EVENTS 2021

START HERE ST. LOUIS AREA RESOURCE DIRECTORY
"A CALL TO ACTION...WHAT ARE YOU DOING FOR OTHERS?"

CO-SPONSORED BY HEARTLAND ZEN





Special thanks to Heartland Zen for partnering with the Dr. Martin Luther King, Jr. State Celebration Commission of Missouri, by providing the enclosed *Start Here St. Louis Area Resource Directory*. Visit www.startherestl.org for more information, as well as additional updated listings.

The *Start Here St. Louis Area Resource Directory* can be found on page 55 of this publication.

“There is no easy way to create a world where men and women can live together, where each has his own job and house, where all children receive as much education as their minds can absorb. But if such a world is created in our lifetime, it will be done in the United States by Negroes and white people of good will. It will be accomplished by persons who have the courage to put an end to suffering by willingly suffering themselves rather than inflict suffering upon others. It will be done by rejecting the racism, materialism and violence that has characterized Western civilization and especially by working toward a world of brotherhood, cooperation and peace.”

*Dr. Martin Luther King Jr.
May 4, 1966*

Some quotations and pictures listed in this brochure are excerpts from Dr. King’s speeches; others are from “Visions of Excellence – African-American Words of Inspiration.” Photographs are from the following books: “He Had a Dream.” “King, the Photo Biography of Martin Luther King Jr.,” “The Story of Martin Luther King,” “The Life and Death of Martin Luther King Jr.,” and “Martin Luther King Jr.”

The activities and events that are listed in this calendar represent those submitted to the Commission prior to the printing deadline.



Table of Contents



Letter from the Governor	5
The 2021 Dr. Martin Luther King Jr. State Celebration Commission Members	6
The National Celebration	8
Greetings from the Chairwoman	9
City of St. Louis Official Proclamation	10
Dr. Martin Luther King, Jr. State Celebration Commission 2021 Distinguished Awardees	11
“I Have a Dream.” Speech	12
A Word from the Late Coretta Scott King	17
King Holiday Bell Ringing	18
Major Issues of Dr. King’s Campaign, 1955-1968	19
Six Principles of Nonviolence	20
Six Steps of Nonviolence	21

The State of Missouri Calendar of Events

Southeast Missouri/Bootheel	22
Columbia	28
Fulton	30
Jefferson City	31
Joplin	32
Kansas City Regional Area	34
Kirksville	35
St. Louis Regional Area	37
Springfield	46
Corporation for National Community Service	47
Major Contributors	50
Statewide Community Resources (within Commissioner Regions)	54
Start Here St. Louis Area Resource Directory	55

**State of Missouri Official Proclamation
Dr. Martin Luther King Jr. Statewide Celebration**



January 30, 2021



Dear Friends:

Greetings from the Governor's Office!

I write this letter to welcome you to this year's official kick-off program and celebration of Dr. King's birthday in the State of Missouri. On behalf of all Missourians, I extend my congratulations to the Dr. Martin Luther King Jr. State Celebration Commission for 35 years of admirable service to our state. Your commitment to recognizing and honoring Dr. King's lifework in moving a nation forward is to be commended.

Dr. King was a beacon of hope and inspiration for millions of people worldwide through his thoughtful wisdom, moving oratory, and courage in the face of physical danger. More than half a century after his tragic death, his spirit has continued to inspire countless people in promoting peace, justice, and equality in their communities. May that inspiration live on in a new generation of Americans.

Thank you for all you've accomplished on behalf of our state in recognizing the extraordinary legacy of one of our nation's finest leaders, the Reverend Martin Luther King Jr.

May God bless the memory of Dr. King, the great State of Missouri, and the United States of America.

Sincerely,

A handwritten signature in blue ink, which appears to read "Michael L. Parson".

Michael L. Parson
Governor

THE 2021 COMMISSIONERS STATE OF MISSOURI

The Dr. Martin Luther King Jr. State Celebration Commission was appointed by the governor of the state of Missouri in 1986. The specific mission of the Celebration Commission is to consider and recommend to individuals and organizations appropriate activities for the recognition and celebration of Dr. Martin Luther King Jr.'s birthday in the state of Missouri. Commissioners are:

The Honorable Michael Parson
Governor

Dr. LaTonia Collins Smith
Chairwoman
(St. Louis)

Commissioners

Ms. Sheryl Branch-Maxwell
(Southeast Missouri/Missouri Bootheel)

The Hon. Emanuel Cleaver II
(Kansas City)

Mrs. Merdean F. Gales
(St. Louis)

Mr. Ollie Gates
(Kansas City)

Dr. Henry Givens, Jr.
Chairman Emeritus
(St. Louis)

Mrs. Constance G. Gully
Chairperson Emeritus
(St. Louis)

Commissioners (cont'd)

Ms. Charlotte C. Hardin
(Springfield)

Mr. Earnest Hart
(St. Louis)

Rev. Dr. Sammie E. Jones
(St. Louis)

Mr. Jack McBride
(Fulton)

Mrs. Myrle Mensey-Symonds
(St. Louis)

Atty. Michael E. Middleton
(Columbia)

Rev. Dr. Earl Nance, Jr.
(St. Louis)

Dr. Gwendolyn D. Packnett
(St. Louis)

Mrs. Ruth Smith
(St. Louis)

Ms. Bertha A. Thomas
(Kirksville)

The Hon. Betty Thompson
(St. Louis)

Ms. Lessie J. Thompson
(Lee's Summit)

Dr. Dwaun J. Warmack
Chairman Emeritus

The National Celebration of the Birthday of Dr. Martin Luther King Jr.

On August 27, 1984, following an act of the 98th Congress of the United States of America, President Ronald Reagan signed into law, legislation creating the Dr. Martin Luther King Jr. Federal Holiday Commission.

As provided in the authorizing legislation, the purpose of the Commission was to encourage appropriate ceremonies and activities throughout the United States relating to the first legal observance of the Dr. Martin Luther King Jr. Holiday, January 15, 1986, and to provide advice and assistance to federal, state and local governments, as well as private organizations with respect to the observance.

Congress created the Commission in recognition of the historical importance of the first observation of our newest holiday and the need for an organized effort at the federal level to ensure that the first observance was a success.

In this spirit, the State Celebration Commission of Missouri wholeheartedly supports the federal Commission's efforts to successfully fulfill this Congressional mandate.

"I would challenge you today to see that his spirit never dies and that we will go forward from this experience, which to me represents the crucifixion – on toward the resurrection and redemption of his spirit.
We must carry on..."

Coretta Scott King

Greetings from the Chairwoman

DR. LATONIA COLLINS SMITH



Favorite Dr. Martin Luther King Jr. quote:

“The time is always right, to do what is right.”



Greetings...on behalf of the Dr. Martin Luther King, Jr. State Celebration Commission of Missouri!

As we celebrate the 35th Anniversary of the Dr. Martin Luther King, Jr. Statewide Celebration Commission, we are honored to bring to the forefront, regional celebrations and community service projects in commemoration of the great Dr. Martin Luther King, Jr. In the midst of these challenging times, this year’s theme is a reflection on one of Dr. King’s most powerful quotes, “A Call to Action...What are you doing for others?”

Now, more than ever, it is important that we ensure Dr. King’s ideals are never forgotten. And...like Dr. King, let’s try to be the peace we want to see in the world, and to exemplify the principles that he encouraged us all to embody.

Thank you for your ongoing support!

A handwritten signature in blue ink that reads "LaTonia Collins Smith". The signature is written in a cursive, flowing style.

Dr. LaTonia Collins Smith
Chairwoman

**City of St. Louis Official Proclamation
Dr. Martin Luther King Jr. Statewide Celebration**



WHEREAS, Dr. Martin Luther King, Jr. was born on January 15, 1929; and

WHEREAS, Dr. King embodied the ideals of tolerance, nonviolence, peace, justice and equal opportunity; and

WHEREAS, In 1964, Dr. King won the Nobel Peace Prize for his nonviolent campaigns that brought reconciliation and justice; and

WHEREAS, On the 2nd day of December, 1985, then Missouri Governor John Ashcroft created and established the Martin Luther King, Jr. State Celebration Commission; and

WHEREAS, Since its establishment, the Martin Luther King, Jr. State Celebration Commission has recommended and fostered appropriate activities for the recognition and celebration of Martin Luther King Day in the State of Missouri; and

WHEREAS, The Year 2021 theme is a reflection of one of Dr. King's most powerful quotes, "A Call to Action...What are you doing for others?" Due to the COVID-19 global pandemic, the traditional format for this historic annual event has been changed to a moving, virtual program of speakers and performances to promote unity during these challenging times; and

WHEREAS, On behalf of the City of St. Louis, it is my great pleasure to extend thanks and appreciation to the past and present members of the Commission who have worked tirelessly to honor Dr. King and the just cause for which he stood.

Now, therefore, I, Lyda Krewson, Mayor of the City of St. Louis, do hereby proclaim January 30, 2021, as:

**“MARTIN LUTHER KING, JR. STATE CELEBRATION DAY”
IN THE CITY OF ST. LOUIS**

In witness whereof, I have hereunto set my hand and caused to be affixed the seal of the City of St. Louis, this 30th day of January, A.D. 2021.

**Dr. Martin Luther King, Jr.
State Celebration Commission of Missouri
2021 Distinguished Awardees**

Distinguished Dr. Henry Givens, Jr. Legacy Award
The Honorable Lacy Clay

Distinguished Social Action Award
Congressman Rev. Emanuel Cleaver II

Drum Major Award
Atty. Wayman F. Smith III, Posthumously

Distinguished Media Award
Mr. Gary Boyd and Them Yo People

Distinguished Social Action Award
Mr. James Whitt

Distinguished Social Action Award
Mrs. Brittany Packnett Cunningham.

Distinguished Community Service Award
Urban League of Metropolitan St. Louis

Distinguished Community Service Award
Mr. Ollie Gates

Distinguished Community Service Award
Ms. Ginger Nolker, Creator of the You Belong

Distinguished Community Service Award
Ms. Mary Ratliff

Distinguished Community Service Award
Guiding Light Missionary Church-Fulton MO

Distinguished Community Service Award
*DRPAM J Transport LLC
Rodney and Pamela Jones, Owners*

“I Have A Dream.”

Speech

by

Dr. Martin Luther King Jr.

**Delivered on the Lincoln Memorial Steps in
Washington, D.C.
August 28, 1963**



“Five score years ago, a great American, in whose symbolic shadow we stand, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity. But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of

a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize an appalling condition.

In a sense, we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, which has come back marked 'insufficient funds.' But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check – a check that will give us, upon demand, the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood.

It would be fatal for the nation to overlook the urgency of the moment and to underestimate the determination of the Negro. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. 1963 is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold, which leads to the palace of justice. In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence.

Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvelous new militancy, which has engulfed the Negro community, must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom. We cannot walk alone.

And as we walk, we must make the pledge that we shall march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, 'When will you be satisfied?' We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood.

I have a dream that one day even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.

I have a dream today.

I have a dream that one day the state of Alabama, whose governor's lips are presently dripping with the words of interposition and nullification, will be transformed into a situation where all black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.'

And if America is to be a great nation, this must come true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania! Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California!

But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"



Dr. Martin Luther King Jr. The King Holiday

Mrs. Coretta Scott King

A day to reaffirm the American ideals of freedom, justice and opportunity for all.

A day to love, not hate; for understanding, not anger; for peace, not war.

A day for families to share together, to reach out to relatives and friends and to mend broken relationships.

A day when the community rids itself of the St. Louis Public Library-Barriers that divide it and comes together as one.

A day when people of all races, religions, classes and nations in life put aside their differences and join in a spirit of togetherness.

A day for nations of the world to cease all violent actions, seek nonviolent solutions and demonstrate that peace is not just a dream but a real possibility, if only for one day.

If for only one day, each of us serves as a “drum major for justice and peace,” then we bring to life the inspiring vision of freedom of which Dr. Martin Luther King Jr. dreamed, a tribute to Dr. Martin Luther King Jr., who awakened in us the best qualities.

If I can help somebody as I pass along,
If I can cheer somebody with a song,
If I can show somebody he's traveling
wrong,
Then my living will not be in vain.

Dr. Martin Luther King, Jr.

King Holiday Bell Ringing

In 1986, the Martin Luther King Jr. Federal Holiday Commission began the tradition of ringing the U.S. Liberty Bell on the holiday honoring Dr. King. The Bell-Ringing Ceremony takes place in Philadelphia, Pennsylvania on the third Monday of January at noon E.S.T. Simultaneously, similar ceremonies take place on the capitols of each of the 50 states with the governors ringing replica Liberty Bells, which were cast and sent to the states by President Harry Truman.

The Bell-Ringing Ceremony was created to serve as an appropriate opening for events that encourage us to remember, celebrate and act on the King Holiday, such as community service projects, forums on race relations, parades or marches. Since the ceremony began, churches, synagogues, mosques, schools and civic organizations have also participated. For religious or ethnic cultures that have no tradition of bell ringing, the commission has encouraged them to participate in the ceremony with an expression appropriate to their tradition, like the blowing of the shofar or the singing of a song.

A particularly fitting symbol for honoring the work of Dr. King, the Liberty Bell was introduced to a national audience as a symbol for the abolitionist movement. The first reference historians can find to the name “Liberty Bell” is on the cover of an 1837 edition of *Liberty*, published by the New York Anti-Slavery Society. Previously known only in Philadelphia as the State House Bell, the bell, used as an antislavery symbol, brought it to much greater prominence.



250,000 people marched in Washington, D.C. on August 28, 1963, coming by plane, bus, train, and on foot, and from every walk of life. It was the biggest peaceful demonstration for civil rights in history.

Quotes from “Martin Luther King Jr. 1929-1968, An Ebony Picture Biography”

Major Issues of Dr. King's Campaigns From 1955-1968

1955

Non-segregated buses – Montgomery, AL

1961

Freedom Rides – Washington, D.C. to New Orleans

1962

Non-segregated public accommodations and voting rights – Albany, GA

1963

Non-segregated public accommodations: affirmative action – Birmingham., AL

1964

Non-segregated public accommodations – St. Augustine, FL

1965

Guaranteed protection voting rights – Selma, AL

1966

Open housing; ending slums – Chicago, IL

1967

Ending slums; jobs – Cleveland, OH

1968

Right to organize for garbage workers – Memphis, TN

End poverty in the United States – Poor People's Campaign

Right to organize for hospital workers (planned by Dr. King, led by Ralph Abernathy) – Charleston, SC

DR. KING'S SIX PRINCIPLES OF NONVIOLENCE

“Often the question has arisen concerning my own intellectual pilgrimage to nonviolence. In order to get at this question it is necessary to go back to my early teens in Atlanta. I had grown up abhorring not only segregation, but also the oppressive and barbarous acts that grew out of it.”

Dr. Martin Luther King Jr.

- Principle 1: Nonviolence is not passive, but requires courage.**
- Principle 2: Nonviolence seeks reconciliation, not defeat of an adversary.**
- Principle 3: Nonviolent action is directed at eliminating evil, not destroying an evil-doer.**
- Principle 4: A willingness to accept suffering for the cause, if necessary, but never to inflict it.**
- Principle 5: A rejection of hatred, animosity or violence of the spirit, as well as refusal to commit physical violence.**
- Principle 6: Faith that justice will prevail.**

DR. KING'S SIX STEPS OF NONVIOLENCE

- 1. Information gathering and research to get the facts straight.**
- 2. Education of adversaries and the public about the facts of the dispute.**
- 3. Personal commitment to nonviolent attitudes and action.**
- 4. Negotiation with an adversary in a spirit of goodwill to correct injustice.**
- 5. Non-violent direct action, such as marches, boycotts, mass demonstrations, picketing, sit-ins, etc., to help persuade or compel adversary to work toward dispute-resolution.**
- 6. Reconciliation of adversaries in a win-win outcome to establish a sense of community.**

Fundamental tenets of Dr. King's philosophy of nonviolence described in his first book, *Stride Toward Freedom*.



SOUTHEAST MISSOURI



MS. SHERYL BRANCH MAXWELL
Commissioner, Southeast Missouri/Missouri Bootheel



Favorite Dr. Martin Luther King Jr. quote:

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

The Mission of the Dr. Martin Luther King, Jr. City Wide Celebration Committee: In accordance with the Missouri Dr. Martin Luther King, Jr. State Celebration Commission, the Cape Girardeau, Missouri Dr. Martin Luther King, Jr. City Wide Celebration Committee is dedicated to observing Dr. King’s dream and legacy by carrying out is ideals for peace and unity through community service. We achieve this through collaboration with local businesses, churches, area service organizations, area schools, and civic organizations in order to develop a true sense of community and a powerful means of creating successful programming. We also work according to the 1994 Dr. Martin Luther king, Jr. Federal Holiday and Service Act, which declares that the King Holiday should be a day that promotes community service, interracial cooperation, and youth anti-violence initiatives through workshops and conferences that held throughout the year.

For additional information on events sponsored by Cape County, please contact Dr. Deborah Mitchell-Braxton, mitchellbraxtond@capetigers.com

* 2021 Dr. Martin Luther King, Jr. Area Celebrations *



**Charleston NAACP
Branch #4083**
C.F. Bowden Center
700 Sy Williams Blvd., Charleston, MO 63834
Free Chili Dinner with the fixings
including Homemade Peanut Butter Cookie & Drink
Serving Time: 1:00 pm to 3:00 pm on Mon., Jan. 18, 2021
For additional information contact:
Rodney Jones, Pres., (573) 683-1745; Antonio Riggins, VP, (573) 233-6731
Danielle Henderson, Sec., (573) 233-4445; Preston Moore, Treas., (573) 931-0167



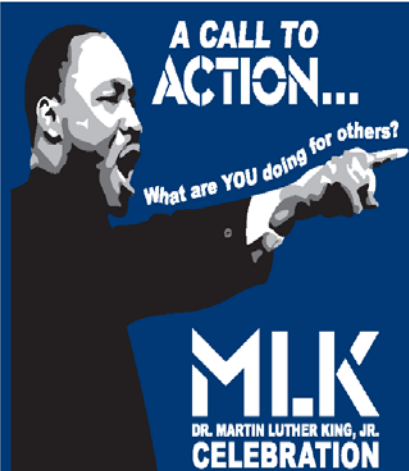

Green Memorial C.O.G.I.C.
113 Clayton St., Sikeston, MO 63801
* 10:30 am Motorcade Line-Up * Parade Starts @ 11:00 am *
Free Chicken Dinner with
Mashed Potatoes, Green Beans, Roll, Dessert & Drink
Serving Time: 12:00 pm to 1:00 pm on Mon., Jan. 18, 2021
For additional information contact:
Pastor Michael Harris, Pres., (573) 471-2500,
Ms. Mary Ross White, Co-Chair; Dr. Maude Harris, Sec./Treas.




The Taylor Center
162 W. Francis St.,
Howardville, MO 63869
Free Chili Dinner with the fixings
including Homemade Peanut Butter Cookie & Drink
Serving Time: 12:30 pm to 2:30 pm on Mon., Jan. 18, 2021
For additional information contact:
Mrs. Mary Taylor, Director, (573) 931-0842




**House of Prayer
Parma C.O.G.I.C.**
305 Caney St.,
Parma, MO 63870
Free Chili Dinner with the fixings
including Homemade Peanut Butter Cookie & Drink
Serving Time: 1:00 pm to 3:00 pm on Sun. Jan. 17th, 2021
For additional information contact:
Mrs. Ella Mae Wofford, Coordinator

Sponsored and Supported By:

- DRPAM J Transport, LLC • Charleston Housing Authority • Missouri State Highway Patrol • Missouri Dept. of Social Services • DHSS Office of Minority Health • Williams Funeral Home • Dr. Martin Luther King, Jr. State Celebration Commission of Missouri
- LUCE Charleston Outreach Center • Charleston NAACP #4083 • Department of Mental Health-Division of Behavioral Health • MLK Day Planning Committee for Sikeston, MO • The Taylor Center-Howardville, MO • House of Prayer Parma C.O.G.I.C.-Parma, MO • Faith Temple Complex C.O.G.I.C.-Hayti, MO • Virgie's and Leonard's Place-Kennett, MO • Macedonia M.B. Church-Malden, MO • True Faith Ministries-Cape Girardeau, MO • SEMO Food Bank • Heartland Coca Cola

Participating Volunteers:

- State Senator Jason Bean
- State Representative Jamie Burger
- Senator Roy Blunt's Southeast Office
- Senator Josh Hawley's Southeast Office




**Faith Temple Complex
C.O.G.I.C.**
Courtney Sanders, Jr., Pastor
320 S. Mallory St., Hayti, MO 63851
Free Chili Dinner
with Homemade Chocolate Chip Cookies by Kizzie & Drink
Serving Time: 11:00 am to 1:00 pm on Mon., Jan. 18, 2021
For additional information contact:
Roketia Sanders, FTC Comm. Advocate, (573) 931-3896
Jessica Richmond (573) 931-4821




**Virgie and
Leonard's Place**
Dunklin County Caring Council Kitchen
311 Kennett St., Kennett, MO 63857
Free Ham & Beans (choice of white/brown) Dinner
with Cornbread, Dessert & Drink
Serving Time: 11:30 am to 4:00 pm on Mon., Jan. 18, 2021
For additional information contact:
Beverly Thomas, Director, (573) 888-7863




**Macedonia
Missionary Baptist Church**
Jay Slaughter-Pastor
700 N. Edwards, Malden, MO 63863
Free Chili Dinner with the fixings
including Homemade Peanut Butter Cookie & Drink
Serving Time: 11:30 am to 1:30 pm on Mon., Jan. 18, 2021
For additional information contact:
Ms. Vera Farr, Food Service Chairperson, (573) 421-1998




True Faith Ministries
1225 Merriwether
Cape Girardeau, MO 63703
Free Fried Chicken Dinner
including Sides, Dessert & Drink
Serving Time: 12:00 pm to 1:30 pm on Mon., Jan. 18, 2021
For additional information contact:
George Smith, Pastor, (573) 576-3675
Michelle Smith, First Lady, (573) 576-3674



Date: January 7th – January 18, 2021
Event: National Day of Service Humanitarian Food Drive
Place: Local Schools, Businesses. Agencies and Churches

Various Schools, businesses , organizations, churches and individual are invited to be a part of this event by donating canned goods, nonperishable items, toiletries, blankets, hats, scarfs and gloves that will be distributed to area agencies that assist individuals in need. Area Schools, Churches and Businesses will be extended an invitation to have drop off boxes for the donations at their entities from January 7th – 18th. Drop off will be on Monday, January 18th from 8 till 4 p.m. at the Osage Community Center, 1625 North Kingshighway, Cape Girardeau MO. Contact: Debra Mitchell-Braxton @ 573-275-6814 or email mitchellbraxtond@capetigers.com

Date: January 14, 2021
Time: 7:00 p.m.
Event: 19th Dr. Martin Luther King, Jr. Birthday Extravaganza
Place: Virtual Event

Zoom Link: Call In Number 312-626-6799; Meeting ID: 869 4803 7566;
Passcode: 105279

The program will consist of musical and oratorical tributes in honor of the late Rev. Dr. Martin Luther King, Jr. Birthday.
Contact: Debra Mitchell-Braxton @ 573-275-6814 or email @ mitchellbraxtond@capetigers.com

Date: January 17, 2021
Time: 6:00 p.m.
Event: 31st Annual Dr. Martin Luther King, Jr. Community Service Celebration
Place: Virtual Event

Zoom Link: Call In Number 312-626-6799; Meeting ID: 898 3551-3057;
Passcode: 608270

Program will consist of Musical selections, tributes and a Keynote Speaker.
Contact: Debra Mitchell-Braxton @ 573-275-6814 or email @ mitchellbraxtond@capetigers.com

Date: January 18, 2021
Time: 9:00 a.m.

Event: 36th Annual Dr. Martin Luther King, Jr. Memorial Breakfast
Place: Virtual Event

Zoom Link: Call In Number 312-626-6799 Meeting ID 829 6531 8699
Passcode 006709

Program will consist of musical, oratorical tributes and Keynote speaker.
Contact: Debra Mitchell-Braxton @ 573-275-6814 or email @
mitchellbraxtond@capetigers.com

Date: January 18, 2021
Time: 1:00 p.m.
Event: 20th Annual I Dr. Martin Luther King, Jr. Humanitarian Luncheon Benefit
Place: Virtual Event

Zoom Link: Call In Number 312-626-6799; Meeting ID: 886 5163 8753;
Passcode: 284166

Program will consist of musical, oratorical tributes and a Keynote Speaker.
Contact: Debra Mitchell-Braxton @ 573-275-6814 or email @
mitchellbraxtond@capetigers.com

25th Annual Dr. Martin Luther King, Jr. Youth Gala Event will be held by Intercom System at the West Park Mall, Cape Girardeau, MO
Time: 4:00 p.m.

Oratorical and Musical Tributes will be presented by various area youth.
Contact: Debra Mitchell-Braxton @ 573-275-6814 or email @
mitchellbraxtond@capetigers.com

Date: Friday February 12, 2021
Time: 8:00 p.m.
Event: Comedian Ronnie Jordan
Place: Academic Hall

Comedian Ronnie Jordan has been featured on BET's Comic View, Martin Lawrence Presents the 1st Amendment Stand-up, P. Diddy Presents Bad Boys of Comedy Contact (Name/Phone/Email): Raven Cole/ 314-938-6019/
rscole2s@semo.edu

Date: Wednesday February 17, 2021
Time: 8:00 p.m.
Event: Dr. Umar Johnson
Place: Academic Auditorium

Dr. Umar is founder and lead tour guide for the "Unapologetically Afrikan" Black College & Consciousness Tour, within the context of visiting and learning about significant places and personalities that helped shaped the global Afrikan struggle for freedom and independence. Contact (Name/Phone/Email): Raven Cole/ 314-938-6019/ rscole2s@semo.edu

Date: Wednesday February 24, 2021
Time: 8:00 p.m.
Event: Jahman Hill
Place: UC Program Lounge

Jahman Hill is an award-winning poet, playwright, and professor. In 2018, Jahman claimed the title of 3rd best slam poet in the world, and in 2019 he wrote, produced, and starred in an award-winning one-man show, Black Enough, which played off-Broadway. Jahman Hill has become a sought-after poet internationally. Contact (Name/Phone/Email): Raven Cole/ 314-938-6019/ rscole2s@semo.edu

Date: Wednesday March 24, 2021
Time: 8:00 p.m.
Event: Zhalarina
Place: UC Ballroom A

Zhalarina H. Sanders is a rapper, actress, playwright, and producer from Tampa, FL who serves as co-founder and Executive Director of The JVN Project, a Hip-Hop centered non-profit that seeks to serve and empower. Contact (Name/Phone/Email): Raven Cole/ 314-938-6019/ rscole2s@semo.edu

Date: Wednesday February 10th, 2021
Time: 5:30 pm
Event: Martin Luther King Jr. Dinner
Place: Southeast Missouri State University

The event is part of the MLK Celebration dinner, which celebrates the idealism of Dr. Martin Luther King Jr and offers compelling stories to inspire tomorrow's leaders. The MLK Celebration Dinner is an annual event that includes dinner, brief presentations by University officials and students, and a motivational

keynote by a distinguished speaker who represents the idealism of Dr. Martin Luther King, Jr. and pays tribute to Dr. King's legacy. This event is also a part of the University Speakers Series, which features presentations by leaders and experts on political, diversity, wellness, and social issues. The speakers offer their compelling stories to the campus community, inspiring visionary ideas, and thoughts. Contact (Name/Phone/Email): Sonia Rucker/573-651-2524/mlkcommittee@semo.edu



COLUMBIA



ATTY. MICHAEL MIDDLETON
Commissioner, Columbia



Favorite Dr. Martin Luther King Jr. quote:

“The arch of the moral universe is long, but it bends toward justice.”

Date: January 18, 2021
Time: 7:00 a.m. – 11:00 a.m.
Event: Almeta Crayton Community Program
27th Poor Man’s Drive Thru Breakfast
Place: St Luke Church
204 E Ash
Columbia, MO 65203

Contact: Erika Buford, 563-825-1627 for additional information.

Date: January 18, 2021
Time: 11:00 a.m.
Event: Virtual Webinar Presentation
Place: Dr. MLK, Jr./Battle Memorial Gardens/MKT Trail and Stadium
Columbia, MO

Annual Dr. MLK Program to be held at the Dr. Martin Luther King, Jr. Memorial Garden (Outside). Speakers: Dr. Michael Middleton, Mayor Brian Treece, Attorney David Tyson Smith, County Commission Janet Thompson and President Mary Ratliff, followed by a police escort motorcade fully decorated cars from the site to Second Missionary Baptist Church, where a drive thru lunch pickup will be provided. Contact Mary Ratliff, maryratliff40@yahoo.com for additional information.



FULTON



MR. JACK MCBRIDE
Commissioner, Fulton



Favorite Dr. Martin Luther King Jr. quote:

“We must learn to live together as brothers or perish together as fools.”

The Fulton Dr. Martin Luther King Celebration was not finalized at the time this calendar was published.



JEFFERSON CITY



DATE: January 20, 2021

TIME: 10:00 A.M.

EVENT: Missouri Legislative Black Caucus Dr. Martin Luther King, Jr.
Missouri House and Missouri Senate Commemorative
Observance

PLACE: Missouri House
Missouri Senate

Missouri Legislative Black Caucus House and Senate Members will celebrate by speech and illustrations, Dr. Martin Luther King, Jr. Observance in House and Senate Chambers. Contact: Cheryl Dozier, Executive Director, Missouri Legislative Black Caucus.



The good neighbor looks beyond the external accidents and discerns those inner qualities that make all men human and, therefore, brothers.

Dr. Martin Luther King Jr.

JOPLIN



Missouri Southern State University (MSSU)

Date: January 18, 2021
Time: 6:00 p.m.
Event: 21st Annual MLK Celebration
Place: Missouri Southern State University of Joplin, Missouri
VIRTUAL EVENT “Search MLK on mssu.edu”

This year our MLK celebration program will look a little different. Due to COVID-19 restrictions and our goals of keeping our community members, students, and campus employees safe, the event will be completely virtual with live elements and free of cost. This allows people to safely join us from anywhere and unlimited attendance. The virtual event consists of speaker – Nimrod Chapel Jr. - President of the Missouri State Conference of the National Association of Colored People, a variety of music performances – Terrence Scott, Unity Baptist Youth choir, and a talented Trio of Kansas City, Missouri – service rewards provided to a student and group on-campus, a community service photo display, and of course, a contribution to Dr. Martin Luther King Jr. All sponsorship dollars and donations collected during this event will be put towards Diversity and Inclusion programming, International Student emergency fund, and/or our Lion Co Op accessible to all students, faculty, and staff.

Our Diversity and Inclusion programming will assist in the development of our faculty, staff, and students will all things Equity, Diversity, and Inclusion through speakers, trainings, seminars, events and more. The International Student emergency fund is built to be an ongoing resource for all International students in need, including DACA, travel and scholarships. The Lion Co Op supplies frozen food, canned goods, toiletries, cooking equipment, and some baby necessities to all students, faculty, and staff of need by simply scanning their campus ID. This is all made possible by donations and volunteers. All mentioned above goes alongside of this years’ theme: A Call to Action.... What are you doing for

others? We hope this event is as special as previous years, as attendees join from their own space. Please contact the chairperson below to receive a direct link to the virtual event, find the event through our Facebook events or visit: <http://www.mssu.edu/president/martin-luther-king/>. Digital programs will also be available to download and follow along the event.



In Selma, Alabama, 1965, the “march on ballot boxes” was met with extreme brutality. People from all over the country, including many clergymen, came to protest and support the demonstrations. One of them, Rev. James Reeb, was beaten to death.

*“Martin Luther King Jr. 1929-1968,
An Ebony Picture Biography”*

KANSAS CITY AREA



MRS. LESSIE THOMPSON
Commissioner, Lee's Summit



Favorite Dr. Martin Luther King Jr. quote:

"Freedom is never voluntarily given by the oppressor, it must be demanded by the oppressed!"

"A Call to Action...What are you doing for others?"

Date: January 15, 2021

Time: 3:00 p.m.

Event: aSTEAM Village, Inc. Recognition Event

Place: 1600 Paseo Blvd - KCMO 64108

Mr. William Wells, Founder - Executive Director. This program trains young people K - 12th Grade in Science, Technology, Engineering, Arts, & Math in KCMO and KCKS.

KIRKSVILLE



MS. BERTHA THOMAS
Commissioner, Kirksville



Favorite Dr. Martin Luther King, Jr. quote:

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

During the month of January the Kirksville MLK Jr. Citywide Committee will host a series of virtual multicultural (unity and social justice themed) activities for children, college students and families. There will be two 2021 MLK essay contests. One will be targeted to children and the other for adults. These community learning opportunities and celebrations will be a continuation of an initiative "#YouBelong HereKV" which started in November 2020 in Kirksville Missouri to combat hate, intolerance and racism.

In addition the Kirksville MLK Jr Citywide committee will support the overarching theme in Missouri "A Call to Action: What are you doing for others?" by working with "#YouBelongHereKV" to help diversify classroom libraries at Kirksville schools. Donations and grant funds will be used to provide as many diverse books to classrooms in our local schools as possible. This book

initiative is based on the "windows and mirrors" philosophy of literature: all children deserve to see themselves reflected in books in their classrooms, and all children deserve a window into the lives of those whose experiences have been different. In addition the Kirksville MLK Citywide Committee will coordinate the creation of 20 Cultural Diversity Activities. These lesson plans and social justice activities will be distributed to preschools and elementary school classrooms to be paired with the books that have been or will be donated to local schools.

As a final project volunteer labor, fundraising initiatives and grant funds will be used to assist Pantry for Adair County, and the YMCA, an agency supported by the United Way of Northeast Missouri.



All men are caught in an inescapable network of mutuality.

Dr. Martin Luther King Jr.

ST. LOUIS REGIONAL AREA



Date: Friday, January 15, 2021
Time: 12:00 noon until 1:00 p.m.
Event: Christian Hospital Foundation - Dr. Martin Luther King, Jr.
Celebration “Embracing the Dream”
Place: Virtual Event

During this celebration, we will recognize unsung local heroes and student scholars in our communities. Virtual guests will enjoy great music from local singer-songwriter Brian Owens, and a courageous conversation related to rising above the challenges of race, injustice and exclusion in America facilitated by Rick Stevens, FACHE, president of Christian Hospital, including commentary from Bryant McBride and Willie O’Ree. Sponsorship opportunities available at www.christianhospital.org/Giving/Foundation

Bryant McBride is the first African American class president at the famed United States Military Academy at West Point. He earned a master's degree in public administration from Harvard University. Bryant worked as an analyst before becoming the highest-ranking African American executive in the history of the National Hockey League (NHL). He is the producer of 'WILLIE,' a sports documentary film on the pioneering hockey player Willie O'Ree.

Willie Eldon O'Ree is the first Black hockey player to play in a National Hockey League (NHL) game. He debuted with the Boston Bruins against the Montreal Canadiens at the Montreal Forum on Jan. 18, 1958. O’Ree stopped skating in 1979 after a lengthy stint in the Western Hockey League, playing with teams in Los Angeles and San Diego. From 1998 to the present, he serves as the director of youth development for the NHL/USA Hockey Diversity Task Force. In 2018, he was inducted into the Hockey Hall of Fame.

Thanks to donor support, we're tackling the social determinants of health to lift up our communities. Sponsorship opportunities available. Proceeds from this celebration will help to build Hope + Health + Community, including awarding Drum Major Scholarships to local senior high school and junior college students who aspire to careers in health care and improving our community's health and wellness. Together, we can build healthier, stronger, more robust communities. Join us in making a real difference.

Contact (include name, phone & email): Christian Hospital Foundation (BJC Healthcare), 314-653-5162, chfoundation@bjc.org



LADY MERDEAN GALES
Commissioner, St. Louis



Favorite Dr. Martin Luther King Jr. quote:

“To curb injustices, you must expose them before the light of human conscience, and the bar of public opinion, regardless of whatever tensions that exposure generates.”

Date: January 18, 2021

Time: 9:00 a.m.

**Event: Dr. Martin Luther King, Jr. Holiday Committee Annual MLK
Observance**

Place: Fountain Park at the Dr. Martin Luther King, Jr. Statue

Laying of The Wreath followed by a “Motorcade March” Drive Thru of the Urban League of Metropolitan St. Louis/Dr. MLK State Celebration – St. Louis Region Day of Service, 1408 N. Kingshighway Blvd., St. Louis, MO ...then on to the **Old Courthouse, 4th & Market, St. Louis, MO.**

Mr. Gary Boyd, Program Coordinator, 314-458-6906
Lady Merdean F. Gales, President

Theme: The future is NOW and The Dream continues!

DR. HENRY GIVENS JR.
Chairman Emeritus



Favorite Dr. Martin Luther King Jr. quote:

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

Date: January 18, 2021

Time: 12 noon - 3 p.m.

**Event: Dr. Martin Luther King Jr. State Celebration Commission-STL
Regional Event in Partnership with the Urban League of
Metropolitan St. Louis**

Place: 1408 N. Kingshighway Blvd., St. Louis, MO

On Monday, January 18, 2021, the Dr. Martin Luther King Jr. State Celebration Commission-STL and the Urban League of Metropolitan St. Louis, Inc. will host a food, PPE and resource manual distribution to 2,500 families in need throughout the St. Louis Region. For additional information, call (314) 615-3600.

MRS. CONSTANCE GULLY
Chairwoman Emeritus



Favorite Dr. Martin Luther King Jr. quote:

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”

Date: January 18, 2021

Time: 4:00 p.m.

Event: Washington University School of Medicine Annual Martin Luther King Jr. Celebration Lecture

Place: Virtual

The annual Martin Luther King Jr. celebration lecture recognizes members of the St. Louis and university community who continue to advance Dr. King’s message through service and leadership. This evening event is open to Washington University and the St. Louis community. Past speakers have included Charles Ogletree, Johnnetta Cole and William Julius Wilson.

Contact (include name, phone & email): Liz Riggs (314) 362-6854
eriggs@wustl.edu

Additional information and registration information can be found here:
<https://mddiversity.wustl.edu/events/martin-luther-king-jr-celebration-lecture/>

MR. EARNEST HART
Commissioner, St. Louis



Favorite Dr. Martin Luther King quote:
“He who is devoid of the power to forgive is devoid of the power to love.”

Date: January 30, 2021

Time: TBD

Event: Dr. Martin Luther King, Jr. Statewide Celebration/Virtual Program

Place: hssu.edu/mlk

The Year 2021 theme is a reflection of one of Dr. King’s most powerful quotes, “A Call to Action...What are you doing for others?” Families across the nation are now facing unparalleled financial hardships. Throughout the month of January, 2021, the Dr. Martin Luther King, Jr. Statewide Celebration Commission will host regional community events across the state that will provide PPE, resource manuals, clothing and food to Missouri citizens in need. On Saturday, January 30, 2021, a moving, virtual program of speakers and performances will be held, that will stimulate a feeling of unity among the diverse crowd of viewers from the youngest to the most seasoned during these challenging times. Highlights of the program will include messages of hope from national, statewide and city legislators, and performances by recording artist Theresa Payne, and The Remedy Band. Videos of the MLK regional community events from across the state will also be highlighted during the program. Visit hssu.edu/mlk to view the Dr. MLK, Jr. Statewide Program for Missouri on January 30, 2021. Additional livestream and social media links to access the program will be advertised during the month of January.

REV. DR. SAMMIE JONES
Commissioner, St. Louis



Favorite Dr. Martin Luther King Jr. quote:

“The curse of poverty has no justification in our age. It is socially as cruel and blind as the practice of cannibalism at the dawn of civilization.”

MRS. MYRLE MENSEY-SYMONDS
Commissioner, St. Louis



Favorite Dr. Martin Luther King Jr. quote:

“If I cannot do great things, I can do small things in a great way.” Take the first step in faith. You don't have to see the whole staircase, just take the first step.”

REV. DR. EARL NANCE JR.
Commissioner, St. Louis



Dr. Martin Luther King Jr. quote:

“Life’s most persistent and urgent question is, what are you doing for others?”

DR. GWENDOLYN PACKNETT
Commissioner, St. Louis



Favorite Dr. Martin Luther King Jr. quote:

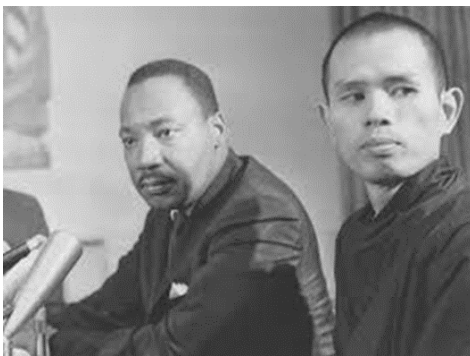
“The hope of a secure and livable world lies with disciplined nonconformists who are dedicated to justice, peace and brotherhood.”

HON. BETTY THOMPSON
Commissioner, St. Louis



Dr. Martin Luther King Quote:

*“The function of education is to teach one to think intensively and to think critically.
Intelligence plus character – that is the goal of true education”*



Thich Nhat Hanh, global spiritual leader, poet and peace activist and Dr. Martin Luther King Jr. met for the first time in 1966.

SPRINGFIELD



MS. CHARLOTTE HARDIN
Commissioner, Springfield



Favorite Dr. Martin Luther King Jr. Quote:

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Corporation for National Community Service

2021 MLK Day of Service

For the last 25 years, the Corporation for National and Community Service has promoted service to honor Dr. King on the federal holiday designated for him. Whether you have previously participated in or led activities for this day of service or this is your first time planning an event, it is pertinent to remember his words, “Life’s most persistent and urgent question is: **What are you doing for others?**”

The Martin Luther King Jr. holiday on Jan. 18, 2021, marks the 26th anniversary of the day of service that celebrates the Civil Rights leader’s life and legacy. Observed each year on the third Monday in January as “a day on, not a day off,” MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. AmeriCorps has been charged to lead this effort for the last quarter century. We look forward to your engagement and accomplishments in Dr. King's memory.

Visit <https://www.nationalservice.gov/serve-your-community/mlk-day-service> to learn more.

National Memorial Site

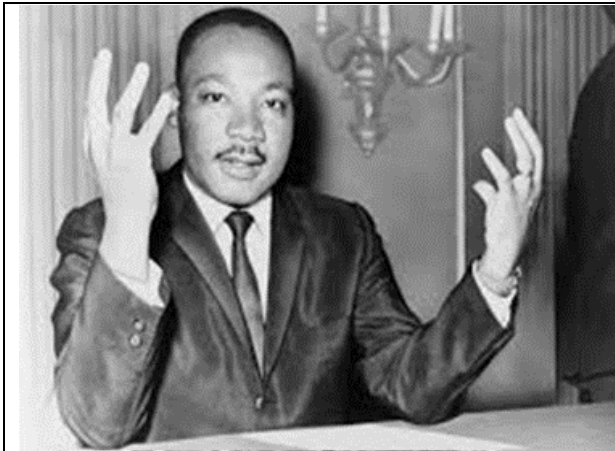




Dr. King Monument

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

Dr. Martin Luther King Jr.



If any of you are around when I have to meet my day, I don't want a long funeral. And if you get somebody to deliver the eulogy, tell him not to talk too long. And every now and then I wonder what I want him to say. Tell him not to mention that I have a Nobel Peace Prize. That isn't so important. Tell him not to mention that I have three or four hundred other awards – that's not important. Tell him not to mention where I went to school.

I'd like somebody to mention that day that Martin Luther King Jr. tried to give his life serving others. I'd like for somebody to say that day that Martin Luther King Jr. tried to love somebody. I want you to say that I tried to be right on the war question. I want you to be able to say that day that I did try to feed the hungry. I want you to say that day that I did try in my life to clothe those who were naked. I want you to say on that day that I did try in my life to visit those who were in prison. And I want you to say that I tried to love and serve humanity.....

*Dr. Martin Luther King Jr.
February 1968
Ebenezer Baptist Church, Atlanta, Georgia*

***Major
Contributors
to the
State of Missouri
Dr. Martin Luther King Jr.
Birthday Celebration***



HARRIS-STOWE
STATE UNIVERSITY



Presenting Sponsor





All Contributors
to the
State of Missouri Dr. Martin Luther King Jr. Kick-Off Celebration

MOHELA

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100.3 The Beat

Hallelujah A.M. 1600

Harris-Stowe State University

KMOX NewsRadio 1120

Majic 103.7

St. Louis American Newspaper

St. Louis Fire Department

St. Louis Police Department

STL TV

The City of St. Louis

The State of Missouri

Statewide Community Resources

Following is a brief listing of community resources, found at FOODPANTRIES.org, <https://www.foodpantries.org/st/missouri>, that are available within regions represented by the Dr. Martin Luther King, Jr. Statewide Celebration Commission. Kirksville found at <https://sharefoodbringhope.org/agencies/adair>.

SOUTHEAST MISSOURI

THE APOSTOLIC PROMISE
CHURCH

750 N. MT AUBURN RD
CAPE GIRARDEAU, MO - 63701
PHONE: (573) 334-0745

WEBSITE:
<http://www.tapchurch.org>

KANSAS CITY

DOWNTOWN OUTREACH
ST. MARY'S EPISCOPAL
CHURCH

1307 HOLMES STREET
KANSAS CITY, MO - 64106
PHONE: (913) 609-0809

WEBSITE:
<http://downtownoutreachkc.org>

SPRINGFIELD

CROSSLINES OF SPRINGFIELD
615 N. GLENSTONE AVENUE
SPRINGFIELD, MO - 65802

PHONE: (417) 869-0563
FAX NUMBER: (417) 864-4614
WEBSITE:

<http://www.crosslines.org>

FULTON (JEFFERSON CITY)

THE PANTRY JC
3702 W TRUMAN BLVD
JEFFERSON CITY, MO - 65109
PHONE: (573) 635-4451

WEBSITE:

<http://www.thepantryjc.org>

COLUMBIA

CENTRAL PANTRY
1007 BIG BEAR BLVD
COLUMBIA, MO - 65202

PHONE: (573) 874-7848
FAX NUMBER: (573) 474-9932
WEBSITE:

<https://sharefoodbringhope.org/central-pantry-boone-county>

KIRKSVILLE

Christian Community Food Depot
1123 N. Osteopathy
Kirksville, MO 63501

-Distribution-

Call for appointment Thursdays: 8
a.m. - 12 p.m.

(660) 234-1149

Please leave message

Food picked up will be Thursday
starting at 1 p.m.

LEE'S SUMMIT

Coldwater of Lee's Summit
1101 NE Independence Ave
Lees Summit, MO - 64086

Phone: (816) 786-0758

WEBSITE:

<http://www.coldwater.me>

START HERE

St. Louis Area

Resource Directory

12th edition

Visit our website:

www.startherestl.org

***for more listings and information
about printing copies from a PDF.***

***E-mail:
startherestl@gmail.com***

Sponsored by Heartland Zen
www.heartlandzen.org
© Carol Corey

The Start Here St. Louis Area Resource Directory and its corresponding website gather into one place many of the resources and services that are available throughout the metropolitan area. In addition to addresses and phone numbers, we've provided the website address for most these organizations.

DISTRIBUTION:

Up to 50 free copies may be ordered from

CRIMINAL JUSTICE MINISTRY

1100 S. Jefferson Ave., St. Louis, MO 63104

Office: 314-652-8062

info@cjmstlouis.org

Call or send an email to arrange a time to pick up the directories from their office.

www.startherestl.org

**Visit the Start Here website for
more information,
as well as additional updated listings.**

If you are aware of any changes,
updates or closings send an e-mail to
startherestl@gmail.com

TABLE OF CONTENTS

BEFORE YOU START.....	4
CLOTHING & FURNITURE	5
for DADS.....	7
DISABILITY.....	8
DOMESTIC VIOLENCE RESOURCES.....	21
DROP-IN CENTERS	10
EMPLOYMENT & TRAINING	11
FOOD PROGRAMS & PANTRIES	15
HOUSING: SHELTERS FOR MEN	20
HOUSING: SHELTERS FOR WOMEN.....	22
HOUSING.....	24
IMMIGRANT SERVICES.....	28
LEGAL SERVICES	30
LGBTQ.....	32
MEAL PROVIDERS.....	33
MEDICAL.....	34
MENTAL HEALTH.....	36
MONEY MATTERS.....	39
RE-ENTRY.....	40
STREETWISE	44
SUBSTANCE ABUSE TREATMENT	45
UTILITY ASSISTANCE.....	50
for VETERANS	51
YOUTH SERVICES.....	53
HOTLINES & WEBSITES	55

Services provided in this directory can change at any time.

BEFORE YOU START

Many of the organizations listed here receive grants and federal funds. They are mandated to provide services and assistance, so take your time going through the book, read the requirements, and make use of what they have to offer.

HOW TO USE THIS DIRECTORY

1. Make a list of your needs, and seek help for the ones that are most important. Prioritize!
2. Locate providers who can provide services that fit your needs.
3. Try to provide all of the information that's being requested when you visit an agency or talk with a caseworker. Making their job easier will reflect back to you.

HOW TO GET RESULTS WHEN YOU CONTACT AGENCIES

1. Take notes. Have paper and pencil ready when you make a call. Be ready to give a brief but complete account of what you need. Eliminate unrelated information.
2. Be ready to provide your full name and contact information, such as how or where you can be reached or receive messages.
3. If your inquiry involves an agency that uses an identifying case or file number, have that available.
4. Be sure to record the names and titles of people you talk to and confirm their phone numbers in your notes.
5. Keep your notes together on all of your contacts to each agency so that you can supply information when you make follow-up calls.
6. Take the time to say THANK YOU to those who assist you!

HOUSING HELPLINE 314-802-5444

For shelter and housing programs, start the intake process here:

1. HOMELESS HELPLINE: 314-802-5444
or
2. ST. PATRICK CENTER 314-802-0700
WELCOME CENTER 800 North Tucker 63101
www.stpatrickcenter.org
Walk-in hours Monday-Friday from 8am-4:30pm.
First come first served 8am-1pm.

CLOTHING & HOUSEHOLD

CENTRAL REFORM CONGREGATION

5020 Waterman 63108

314-361-3919

CONNECTIONS TO SUCCESS and DRESS FOR SUCCESS

2125 Bissell 63107 (In the Grace Hill building near Grand and Florissant)

www.connectionstosuccess.org 314-584-6887

3000 Little Hills Expressway St. Charles 63301 636-940-8027

Both organizations provide clothing for job interviews and outfits for starting work before the first paycheck. Also, counseling and job readiness.

CRAIGSLIST FREE FURNITURE AND MORE

www.stlouis.craigslist.org

DIAPER BANK

6141 Etzel Avenue 63133

www.stldiaperbank.org 314-624-0888

Call or visit the website for information on their referral process, including locations for emergency diapers.

DREAM CENTER

4324 Margaretta Ave. 63115

www.stldreamcenter.org 314-381-0700

New and gently used clothing and accessories. Call for times.

FOCUS GATEWAY CITY

1901 Ann Avenue 63104 314-776-4205

Food pantry and clothing open the 2nd and 4th Wednesdays from 9:00am-11:00am.

FRIEND OF MOMS BABY BOUTIQUE

Chapel of the Cross - Lutheran 11645 Benham Rd. 63136

www.chapelofthecross.org/friend-of-moms 314-741-3737

Provides new and gently-used clothing and other resources.

GUARDIAN ANGEL SETTLEMENT ASSOCIATION - ANGEL BOUTIQUE

3300 S. Jefferson 63118

www.gasastl.org 314-773-9027

Child Development Center & Administration

1127 N. Vandeventer 63113 314-231-3188

They are open every day but an appointment is needed. Also food pantry.

HABITAT FOR HUMANITY RESTORES

3830 South Grand Blvd 63118

www.habitat.org/restores 314-531-4155

Home improvement items to the public at a fraction of the retail price. They sell building materials, appliances and furniture. More locations throughout the state.

HELPING HAND ME DOWNS

8673 Olive Blvd., University City 63132

www.helpinghandmedowns.org 314-514-5987

Referral required. Clothing, toys, books and two large baby items (stroller, etc)..

HOME SWEET HOME**290 Hanley Industrial Court****Brentwood, MO 63144****hswwww.homesweethomestl.org 314-448-9838**

Serves clients who are referred from partner non-profits. Furniture and household.

ISAIAH 58 MINISTRIES**2149 S Grand Blvd. 63104****www.i58ministries.org 314-776-1410**

Clothing Monday-Friday, 10:00am-noon. Pantry is open Tuesday, Wednesday, Thursday 10:00am-1:00pm. Jefferson to Kingshighway, Chouteau to Chippewa.

LIFEWISE STL (Formerly Kingdom House)**1321 S. 11th St. 63104****www.lifewisestl.org 314-421-0400****The Bodega** offers discounted high-quality essentials and clothing. Open to the community. Check times. Cash only.**OASIS INTERNATIONAL****5035 Gravois Ave. 63116****www.oasisinternational.info 314-353-3800**

English classes, clothing, furniture, social events and more for primarily refugee families. Monday-Thursday 9:00 am-4:00 pm.

PAKT COMMUNITY RESOURCE CENTER**500 Airport Rd Ferguson 63135****www.paktcenter.org 314-524-2710**

Rent and utility assistance, food pantry, clothing, after-school program and more for North County residents. Call the number above for details.

ST. AUGUSTINE'S CATHOLIC CHURCH (FATHER BOB'S)**1371 Hamilton Ave. 63112****www.st-augustine-stl.org 314-385-1934**

Food pantry and clothing Monday and Friday 9:30am-11:00am.

ST. AUGUSTINE'S WELLSTON CENTER**1705 Kienlen 63133****www.wellstoncenter.org 314-382-7158**

Thrift Store with furniture open Friday 9am-1pm and Saturday 9am - noon.

ST. JOHN'S COMMUNITY SERVICE MINISTRY**2240 St. Louis Ave. 63106****314-533-8668**

Clothing and food pantry. Call first.

ST. LOUIS COMMUNITY RE-ENTRY PROGRAM**1809 S. 8th St. 63104****314-621-0228 or 314- 951-4048**

Clothing pantry Thursday 10:00am-2:00pm. Call to confirm.

URBAN LEAGUE CLOTHING ASSISTANCE**www.ulstl.org 314-615-3600****City: 935 Vandeventer Ave. 63108 314-615-3690****County: 8960 Jennings Station Rd. 63136 314-388-9840**

Many more locations. Hours of operation vary. Call for times. Clothing for all family members. Also, work appropriate clothing and clothing appropriate for those seeking employment. Website lists other locations.

for DADS

BETTER FAMILY LIFE

5415 Page Blvd. 63112

www.betterfamilylife.org 314-367-3440

Workforce development and many other programs offered by this long time St. Louis agency. Social, cultural, artistic, youth, economic, housing and educational programs. Numerous programs and initiatives.

CHILD SUPPORT HOTLINE

800-859-7999

Supportive services and information, including genetic testing and updates on cases.

CONNECTIONS TO SUCCESS

See page 5 for info about this outreach program for job success.

EMPLOYMENT CONNECTION

2838 Market Street 63103

www.employmentstl.org 314-333-JOBS (5627)

Includes parenting, economic stability and legal services. See page 12 for more information about Employment Connection.

FATHERS SUPPORT CENTER

1601 Olive St. 63103 Other locations. Call or check website.

www.fatherssupportcenter.org 314-333-4170

Now working with women and families. Areas of focus include job readiness and retention skills, job placement, mentoring, legal clinic, youth leadership.

HISET HIGH SCHOOL EQUIVALENCY TEST (GED)

www.hiset.ets.org 1-855-MyHiSET 1-855-694-4738

The website offers support throughout the process, lists testing sites, preparation and more. The test is only given online so set up an account to start the process.

JUSTINE PETERSEN

1023 North Grand Blvd 63106

929 North 15th St, East St. Louis, IL 62205

www.justinepetersen.org 314-533-2411

Homeowner and small business loans, credit counseling, first time homebuyer options and more.

NATIONAL FATHERHOOD INITIATIVE

www.fatherhood.org

To develop strong relationships between fathers who have been incarcerated, in the military and other situations, and their children. Check the website for resources.

PARENTS' FAIR SHARE

www.ded.mo.gov/jobseeker 1-800-859-7999

www.missouricareersource.com

If you have an active child support case, this program offers GED and vocational classes, job search skills, transportation, and more to improve child-parent relations.

PARENT LINK

www.parentlink.missouri.edu 800-552-8522 En Español: 888-460-0008

Answers and options regarding parenting concerns. Support for incarcerated parents. The website has many resources.

DISABILITY SERVICES

ARC/St. Louis Arc
1177 N. Warson Rd. 63132
www.slarc.org 314-569-2211

In-home residential support program, ARCH (Assistance with Residential Care in the Home), reimburses primary caregivers for short-term care. Support groups.

ARTISTS FIRST
7190 Manchester Rd., Maplewood 63143
www.artistsfirststl.org 314-781-4440

Artists First offers art-based programs serving aspiring artists of all ages with developmental disabilities, pervasive mental illness, and/or traumatic brain injury.

BI-LINGUAL INTERNATIONAL ASSISTANCE SERVICES
1329 Macklind Ave., Suite 200 63110
www.bilingualstl.org 314-645-7800

Mental health and social services to the elderly and disabled foreign born.

BRIDGES COMMUNITY SUPPORT SERVICES
3114 Sutton Blvd. Maplewood 63143
www.bridgescss.com 314-781-7900

Individually tailored 24 hour support in a shared or individual home or apartment. Community Support, counseling and behavior therapy.

CANTERBURY ENTERPRISES
7228 Weil Ave. 63119
www.canterburyinc.org 314-781-3999

Sheltered workshop employing people with disabilities.

CITY OF ST. LOUIS
Human Services Disabled Resources in the St. Louis Community
www.stlouis-mo.gov

CENTER FOR HEARING AND SPEECH
9835 Manchester Rd. 63119
www.hearing-speechstlouis.org 314-968-4710

Audiology and speech disorder facility treating hearing and speech disorders.

CHALLENGE UNLIMITED
4 Emmie L. Kaus Lane Alton, IL 62002
www.cuinc.org 618-465-0044

Off-site employment opportunities throughout the Metro area. Recruitment and intake services, job training, residential programs, supported employment and more.

COMMUNITY LIVING INC
1040 St. Peters Howell Road St. Peters, MO 63376
www.communitylivingmo.org 636-970-2800

Programs and services for children and adults with developmental disabilities.

DEAF/BLIND PROJECT/MoSPIN
3815 Magnolia 63110 314-633-1582
www.msb.dese.mo.gov/outreach-services/assistance-project.html
www.msb.dese.mo.gov/outreach-services/mospin.html

Outreach Services provides technical assistance, professional development, specialized materials and resources, including those with deaf-blindness and multiple disabilities.

DEAF INC. Deaf Empowerment Awareness Foundation, Inc.
25 East Frisco Avenue Webster Groves, MO 63119
www.deafinc.org Voice/Videophone: 314 714-6400 Fax: 314 266-7427
Interpreting Services Voice: 314 968-8868 Toll Free: 888 898-DEAF 3323
 Interpreting, advocacy, support groups and more. Some services are free.

EASTERSEALS MIDWEST

11933 Westline Industrial Drive 63146
www.easterseals.com/midwest/ 314-394-7100
 Range of services for children and adults, including autism, community living, more.

INDEPENDENCE CENTER

4245 Forest Park Ave. 63108
www.independencecenter.org 314-533-4245
 A community based rehabilitation program for adults with severe and persistent mental illnesses built on the Clubhouse model of psychosocial rehabilitation.

INDEPENDENT LIVING

www.ilru.org
 Centers for Independent Living (CILs) and Statewide Independent Living Councils (SILCs) National, state, and local directories, resources, and information.

PARAQUAD

5240 Oakland Ave. 63110
www.paraquad.org 314-289-4200
 Hands-on, practical assistance for people with disabilities. Independent living, deaf services, health and wellness center, resources and **DEAFWAY interpreting**.

RAINBOW VILLAGE

1240 Dautel Ln. 63146
www.rbvstl.org 314-567-1522
 Neighborhood homes for people with developmental disabilities.

REHABILITATION SERVICES FOR THE BLIND 800-592-6004
SOCIAL SECURITY WEBSITE www.ssa.gov

ST. LOUIS OFFICE FOR DEVELOPMENTAL DISABILITY RESOURCES

2334 Olive Street 63103
www.stlidd.org 314-421-0090
 Office for Developmental Disability Resources

ST. LOUIS SOCIETY FOR THE BLIND and VISUALLY IMPAIRED

8770 Manchester Rd. 63143
www.slsbvk.org 314-968-9000
 Programs, technical aids, therapy, transportation assistance, education, resources.

ST. LOUIS HELP

www.stlhelp.org 636-933-9393
 Medical and health equipment lending/recycle program, including wheel chairs,

STATE OF MISSOURI DISABILITY PORTAL

www.disability.mo.gov

VOCATIONAL REHABILITATION

220 S Jefferson St., Room 110 63103
dese.mo.gov/adult-learning-rehabilitation-services 314-877-2940
 Many more. Wide range of job training, educational and employment services.
1-877-222-8963 (voice) 573-751-0881 (TDD). Many locations.

DROP-IN CENTERS

BRIDGE OF HOPE MINISTRIES

4001 Cottage Avenue 63113
www.bridgeofhopestl.org 314-312-1383

Showers, clothing, and laundry. Lunch provided on days they are open. Also, adult classes(GED, reading, computer access.)

CENTER FOR YOUTH ON THE RISE

12075 Bellefontaine Rd. Spanish Lake 63138 314-355-2348

Ages 12 to 19. A variety of activities and services. Life skills workshops, counseling services, educational support, employment preparation, legal assistance.

COVENANT HOUSE

2727 North Kingshighway 63113
www.covenanthousemo.org 314-533-2241

For Youth. Every afternoon. Access to shelter, food, clothing, blankets, showers, laundry facilities, information, referrals, and crisis intervention.

EPWORTH'S YOUTH DROP-IN CENTER/STREET OUTREACH

7520 Natural Bridge Rd. Normandy 63121
www.epworth.org Office-314-222-4877 Outreach-314-952-8689

Laundry and shower; safer sex kit, clothing and hygiene items; ID assistance; healthcare, legal aid, support for LGBTQ youth and allies, housing assistance.

PLACES FOR PEOPLE WELCOME CENTER

4130 Lindell Blvd. 63108
www.placesforpeople.org 314-535-5600 314-993-1000

The Places for People Welcome Center. Call for hours.

RUSTIN'S PLACE DROP-IN CENTER

1114 North Sarah St. 63113
www.rustinsplace.org 314-553-9506

A program of Williams and Associates. Safe haven, free wi-fi, washers and dryers. STD/ST testing, social activities, health education, free pregnancy testing.

NEW LOCATION:

SAFE: a Rustin's Place
3533 Dunn Rd. Suite 228 Florissant 63033 314-695-5188

THE SPOT/Project ARK for ages 13-24

4169 Laclede 63108
www.thespot.wustl.edu 314-535-0413

A drop-in center with computers, medical care, showers, laundry, mental health counseling, and more. Open 1:00pm-4:30pm Mon, Tues, Thurs, Fri. . Walk-in medical services 1:00pm-2:30pm. Contraception, STD/HIV testing.

ST. LOUIS EMPOWERMENT CENTER

Depression Bipolar Support Alliance (DBSA)
907 Dock Street. (New Address) 63147

www.dbsaempowerment.org 314-652-6100 Friendship Line: 866-525-1442

A drop-in center for mental health and substance abuse recovery self-help meetings. Lunch daily. Many support groups, programs and employment classes. Shower and laundry available. Free Naloxone (Narcan) upon request.

EMPLOYMENT & TRAINING

A RED CIRCLE

6439 Plymouth Ave., Suite #W130, 63133

www.aredcircle.org 314-328-2286

Located in Wellston at the Stl Partnership Business Center to address employment, education, holistic living, policy, and the arts.

AMERICORPS/VISTA

1315 Ann Ave. 63104

www.americorpsstl.org 314-772-9002

Year-round recruitment for people to work in disaster relief and other projects.

BETTER FAMILY LIFE

Cultural, Educational and Business Center (Headquarters)

5415 Page Blvd 63112

www.betterfamilylife.org 314-367-3440

Missouri work assistance. Other Programs offered through the MET Center. Many resources and several locations.

BUD PROGRAM: Building Union Diversity

American Job Centers

1520 Market Street 63103 3rd Floor. Apply in person 9:00am-4:00pm

26 North Oaks Plaza 63121

www.budprogram.com/ 314-303-6082

Pre-apprenticeship training for careers in construction union trades.

BUILDING FUTURES

Building Futures Design & Build Workshops

2720 N. 13th St. 63106

www.building-futures.org Workshop: 314-241-7222

Educational hands-on workshops and programs for youth in grades 4 - 12. Free Saturday workshops, in-school curriculum, afterschool projects and summer camps.

CHALLENGE UNLIMITED

4 Emmie L. Kaus Lane Alton, IL 62002

www.cuinc.org 618-465-0044

Off-site employment opportunities throughout the Metro area. Recruitment and intake services, job training, residential programs, supported employment and more.

COMMUNITY ACTION AGENCY OF ST LOUIS COUNTY (CAASTL)

2709 Woodson Rd 63114

www.caastlc.org 314-863-0015

Assists residents of St Louis County meet the terms of their probation and parole, including GED, money management, counseling, job readiness and placement.

COMMUNITY COLLEGES

www.stlcc.edu/workforce 314-539-5722

Free accelerated training programs: CDL, Logistics, STEM Portal, Medical, more.

COMPUTER VILLAGE

Union Memorial Enrichment Center

5436 Bartmer Ave, St. Louis, MO 63112

www.computervillage.org 314-533-1900

Learning Center that works in collaboration with other non-profits in several locations.

COLLEGE BOUND**110 North Jefferson 63103****www.collegeboundstl.org 314-361-4441**

Provides middle and high school students and their families with early information and resources on how to plan, prepare, pay for and pursue a college education.

COMMUNITY COLLEGES**www.stlcc.edu/workforce 314-539-5722**

Free accelerated training programs: CDL, Logistics, STEM Portal, Medical, more.

CONNECTIONS TO SUCCESS and DRESS FOR SUCCESS**2125 Bissell 63107 (In Grace Hill building)****www.connectionstosuccess.org 314-584-6865**

Provide clothing for job interviews and outfits for starting work before the first paycheck. Also, counseling and job readiness. **Several other locations.**

EMPLOYMENT CONNECTION**2838 Market Street 63103****www.employmentstl.org 314-333-JOBS (5627)**

Free employment services to ex-offenders and persons who have a barrier to finding and maintaining employment, and to St. Louis area businesses who are seeking qualified job applicants. New programs for veterans now available.

HARAMBEE YOUTH TRAINING**1142 Hodiamont Ave. 63112****www.restorestlouis.org/ 314-726-2302**

Job training and skill development in construction trades with a concentration on tuckpointing. For ages 12 - 18. After school and summer programs available.

HISET HIGH SCHOOL EQUIVALENCY TEST (GED)**www.hiset.ets.org 855-MyHiSET 1-855-694-4738**

The website offers support throughout the process, lists testing sites, preparation and more. The test is only given on line so set up an account to start of the process.

INDUSTRIAL AID**4417 Oleatha Ave. 63116****www.industrialaid.com 314-773-3200**

Extended employment sheltered workshop employing individuals with disabilities

JOBS AND MORE STL: Focus on Ferguson**www.jobsandmorestl.org 314-922-5059**

Interviewing, networking, application and resume writing, decision making, and conflict resolution. Workshops and classroom learning. Workforce training.

JOBS.MO.GOV www.jobs.mo.gov

The workforce resource website for the State of Missouri. (Formerly Great Hires)

JOB CORPS CENTER**4333 Goodfellow Blvd. 63120****www.stlouis.jobcorps.gov 314-679-6200**

No-cost education and career technical training program administered by the U.S. Department of Labor. Career technical and academic training for ages 16-24.

LAUNCHCODE**4811 Delmar 63108****www.launchcode.org 314-254-0107**

Learn coding and programming. Non-profit organization that provides (FREE) classes, mentoring, 'codergirl' for women, job placement in computer technology.

MERS GOODWILL INDUSTRIES and EXCEL CENTERS**1727 Locust St. 63103****www.mersgoodwill.org 314-241-3464**

Many job programs and locations, including services for veterans. Juvenile Justice helps youth in juvenile detention centers find employment and obtain a GED.

METROPOLITAN EDUCATION & TRAINING CENTER (METCENTER)**6347 Plymouth Ave. 63133 314-746-0788 and 12721 W. Watson Rd. 63127****www.metcenterstl.com 314-989-7570**

Job training, placement, assessment, career development services and more.

MISSION ST. LOUIS**3108 N Grand Blvd 63107****www.missionstl.org 314-534-1188**

Works with at-risk men ages 22-35 through skills training, internships, more. Includes stipend and bonus upon completion, if eligible.

MOKAN, CCAC (Construction Contractors Assistance Center)**4666 Natural Bridge 63115****www.mokanccac.org 314-454-WORK (9675)**

Pre-apprentice programs, training services, business development, loans and more.

MORE THAN CARPENTRY**1259 Stephen Jones Ave. 63133****www.morethancarpentry.org 314-862-0515**

Learn cabinet making, including furniture and millwork through carpentry education and apprenticeship training. Call or visit website for additional information.

MOWIT**www.mowit.org**

An organization for women in the construction trades or interested in training.

NEAR SOUTHSIDE EMPLOYMENT COALITION**2649 Pestalozzi St. 63118****www.nsecworks.org 314-865-4453**

Training, computer and job placement services.skills Screening and job referrals.

PARAQUAD**5240 Oakland Ave. 63110****www.paraquad.org 314-289-4200**

Several employment programs for people with disabilities, including professional mentoring and Ticket to Work.

PROJECT CONNECT CITY OF ST. LOUIS**www.stlouis-mo.gov/project-connect/**

Website with information about the new **National Geospatial-Intelligence Agency** NGA development, including job opportunities.

REDEVELOPMENT OPPORTUNITIES FOR WOMEN (ROW)**3309 S. Kingshighway 63139 www.row-stl.org 314-534-9350**

Free supportive programs and services **A Division of Family Forward.**

SOUL FISHER MINISTRIES**7267 Natural Bridge Road 63121****www.soulfishersministries.com 314-381-0401**

Programs for formerly incarcerated women and after school classes for children with incarcerated parents. Also transitional housing.

SLATE MISSOURI CAREER CENTER (SLATE MCC)**www.stlworks.com****ST. LOUIS CITY-SLATE CAREER CENTER**

1520 Market St. Room 3050 63103 314-589-8000

ST. LOUIS COUNTY-NORTH OAKS CAREER CENTER

26 North Oaks Plaza 63121 314-381-6700

ST. LOUIS COUNTY - FLORISSANT CAREER CENTER

4040 Seven Hills Dr., Suite 166 Florissant 63033 314-475-7900

ARNOLD CAREER CENTER

3675 West Outer Rd., Suite 102 Arnold 63010 636-287-8909

ST. CHARLES CAREER CENTER

212 Turner Blvd. St. Peters 63376 636-255-6060

UNEMPLOYMENT INSURANCE BENEFITS**www.mo.gov/work/unemployment 314-340-4950**

It is no longer an option to apply by phone but this number will provide information.

Applications are now submitted on line or visit a Missouri Job Center. Locations may

be found here: **www.jobs.mo.gov/career-centers 1-866-506-0251**And here is a website to apply: **www.uinteract.labor.mo.gov/benefits/home.do****THOMAS DUNN LEARNING CENTER**

3113 Gasconade Street 63118

www.tdunn.org 314-353-3050

Community learning center. Computer and art labs, HiSet, a training kitchen and more.

URBAN LEAGUE

3701 Grandel Square 63108

www.ulstl.org 314-615-3600

Job search assistance, career counseling, job readiness training, job referrals, more.

St. Louis City Division, several more locations**935 N. Vandeventer 63108 314-615-3600 Ext. 684****VOCATIONAL REHABILITATION**

220 S Jefferson St., Room 110 63103

dese.mo.gov/adult-learning-rehabilitation-services 314-877-2940

In addition to this downtown location, there are many more. Wide range of job training, educational and employment services.

www.careeronestop.org

Information on training and jobs. Sponsored by the U.S. Department of Labor.

WOMEN IN CHARGE

733 N. Union 63108 (New location)

www.womenincharge.org 314-432-7300

Many programs, including HiSet classes (formerly GED), mentoring, counseling,

THE WORKFORCE SOLUTIONS GROUP (Accelerated Job Training)**St. Louis Community College's Corporate College****3221 McKelvey Road Bridgeton 63044****www.stlcc.edu/workforce-solutions 314-539-5302**

Develops industry-specific training in partnership with the college's campuses.

YOUTHBUILD ST. LOUIS Operation Excel YouthBuild**93 North Oaks Plaza 63121****www.youthbuild.org 314-261-0202**

Alternative education, construction training, employment, and leadership. 18-24.

FOOD PROGRAMS & PANTRIES

You can apply for emergency or regular food stamps at the locations below or any Division of Family Services office in the City or County of St. Louis. For information about the Food Stamp program (SNAP) and free application screening, visit: www.dss.mo.gov/fsd/fstamp.

EMERGENCY FOOD STAMPS/SNAP PROGRAM

www.dss.mo.gov/fsd/fstamp. Info Line: 855-373-4636 Ext. 2

EBT Customer Service Line: 800-997-7777

3101 Chouteau 63103 314-256-7000

4411 N Newstead Ave., 3rd Floor 63115 314-877-2000

Income Maintenance: 314-877-2400

HUNGER HOTLINE

Operation Food Search 314-726-5355 EXT. 3

Automated list of food pantries by zip code.

You'll be directed to put in your zip code, and they'll give a list of all of the pantries in your area.

For Parish Church Pantry Locations call United Way 2-1-1.

MEALS ON WHEELS

www.mowstl.org 314-374-9549

Must be over 60 or disabled. All volunteer program. County locations.

ST. LOUIS AGENCY ON AGING

www.health.mo.gov/seniors/aaa/ -- City Programs 314-612-5918

WIC (Women Infant and Child)

www.wicprograms.org

Locations and other information. Many locations Most clinics provide WIC—a supplemental nutrition program for women, infants and children. Other services.

PEOPLE'S HEALTH CENTERS www.pcacstl.org

Health care, social services All ages. Emergency food at every location as well as opportunities for clothing and free computer lab services for clients.

4055 Lindell Blvd. 63108 314-535-7701

5868 West Florissant 63120 314-383-7771

1401 LaSalle Street 63104 314-241-8319

4236 Lindell, Suite 300 63108 314 862-6270

6827 Broadway 63111 314-353-1457

5701 Delmar Blvd. 63112 314-367-7848

EMERGENCY FOOD

St. Louis offers a variety of places to go for emergency food. We've listed some of them by zip code. Times can change so, if possible, call first.

FOOD OUTREACH

3117 Olive St. 63103

www.foodoutreach.org/ 314-652-3663

Providing nutritional support for men, women, and children living with HIV/AIDS or cancer in the St. Louis Metro area.

63101**SHAMROCK CLUB AT ST. PATRICK CENTER****800 N. Tucker 314-802-0700**

Lunch: 7 days a week 12:00pm-12:30pm

63104 and 63118**CHAPEL FOR THE EXCEPTIONAL****3436 Winnebago (at Tennessee) 63118****314-776-7172**

Lunch/soup kitchen: Monday-Friday 12:00pm-12:30pm.

Food pantry: Monday and Thursday when available 12:30pm-1:00pm.

Call first if possible. Clothing every day. Furniture when available at no cost.

CITY HARVEST MARKET (Formerly Kingdom House)**1321 S. 11th St. 63104****www.lifewisestl.org 314-421-0400**

Discounted fresh and healthy food. Open to the community on Wednesdays from 9am - 12pm and Thursdays from 10am - 12pm and 4 - 7pm. Cash or SNAP.

FOCUS GATEWAY CITY**1901 Ann Avenue****www.focusgatewaycity.com 314-776-4205**

Call for times.

GUARDIAN ANGEL SETTLEMENT ASSOCIATION**Social Services and Food Pantry****3300 S. Jefferson 63118****www.gasastl.org 314-773-9027**

Zip codes 63104 and 63118 only. Open M-F, 8:30am to 4:30pm but an appointment is needed. Rental, utility, and food assistance; senior services, more. Call first.

ISAIAH 58 MINISTRIES**2149 South Grand 63104 314-776-1410**

Serves area between Chouteau and Chippewa, and between Jefferson and Kingshighway.

SOUP ALLEY/TRINITY LUTHERAN CHURCH**812 Soulard Ave. 63104 314-231-4092**

Monday-Friday. Call for hours.

SAINTS PETER AND PAUL CATHOLIC CHURCH**816 Allen St. 63104****www.ppcsinc.org 314-231-9923**

Lunch: 2nd-21st of each month on Saturday and Sunday, Noon-12:45pm. Dinner: 2nd -21st of each month. Monday-Friday 5:00pm-5:45pm.

ST. VINCENT DE PAUL CATHOLIC CHURCH**1408 S. 10th Street 63104 314-231-9328**

Lunch: Monday-Saturday 11:00am-1:00pm. Coffee and sandwiches: Sundays 10:15am-11:15 am. Dinner the 22nd to the 1st of the month: 5:00pm-6:00pm.

63106**GATEWAY 180****1000 North 19th St.****www.gateway180.org 314-314-489-9689**

Brown bag lunches seven days a week, 8:00am - 4:00pm.

63108**TRINITY EPISCOPAL CHURCH****600 North Euclid Ave. 314-361-4655**

Hot meal every Sunday 2:00pm. Food pantry every Tues.-Thurs. 1:30pm-3:00pm.

63111**HAVEN STREET****6701 Virginia****www.theconnectionstlouis.com/haven-street 314-256-0545**

Sundays at Noon (Doors open at 11:00) Mondays at 6:00pm (Doors open at 5:00)

CARONDELET ST. JOSEPH OUTREACH FOOD PANTRY**6408 Michigan Ave. 63111****www.carondeletliving.com/foodpantry 314-752-6339.****ST. TRINITY LUTHERAN CHURCH****517 Koeln Ave. 601-228-2732**

Must call the above number for Food Pantry information.

63112**CENTENNIAL CHRISTIAN CHURCH****4950 Fountain Ave. 63113****www.cccstl.org/ 314-367-1818**

Zip Codes: 63112, 63113, 63115, 63108

Lunch: Wednesday and Friday 11:00 am-1:00 pm.

Food Pantry every 2nd and 4th Saturday 8:00 am-11:30 am.

GRACE AND PEACE FELLOWSHIP**622 Clara Ave. at Delmar****www.graceandpeacefellowship.org 314-367-8959****ST. AUGUSTINE CATHOLIC CHURCH (FATHER BOB'S)****1371 Hamilton Ave.****www.fatherbobsoutreach.com 314-385-1934**

Food pantry and clothing: Monday-Friday 9:30am-11:00am. Utility assistance starts 6:00am. Dinner: last five working days of the month 4:00pm-5:00pm.

63113**WEST SIDE MISSIONARY BAPTIST CHURCH****4675 Page Boulevard****314-535-9002**

Dinner: Monday, Wednesday, Friday 5:30pm-6:30pm. Food pantry: Tuesday, Wednesday, Thursday 11:00am-1:00 pm.

63114**RITENOUR CO-CARE FOOD PANTRY****9303 Midland Overland, MO 63114****www.ritenourcocare.org 314-493-6028**

Groceries Monday, Tuesday, Wednesday Friday 9:00am - 1:00pm. Closed Thursdays. Must live in the Ritenour School District and show ID.

63115**ALL SAINTS EPISCOPAL CHURCH****5010 Terry Ave. 314-367-2314**

Call the church for information on meals, food, and other assistance.

KOSSUTH CHURCH OF GOD IN CHRIST
3225 North Taylor Ave. 63115 314-652-4163
 Food Pantry Thursday 8:30am-10:00am.

ST. LOUIS DREAM CENTER

4324 Margaretta Ave.

www.stldreamcenter.org 314-381-0700 Food pantry. Call for times.
 63118

GUARDIAN ANGEL SETTLEMENT ASSOCIATION

Social Services and Food Pantry

3300 S. Jefferson 63118

www.gasastl.org 314-773-9027 For emergency utility or food assistance

Zip codes 63104 and 63118 only. Rental, utility, and food assistance; senior services; a food pantry; and a resale shop. Call to schedule.

ST. ANTHONY of PADUA CHURCH

3140 Meramec St. 314-352-1460

Call for other activities, such as utility, legal, medical information.

63119

WEBSTER-ROCK HILL MINISTRIES

111 Waymire Ave. 314-961-5082

Monday-Friday 8:30am-11:30am. Second Saturday 9:00-noon.

63120 and several more zip codes

PEOPLE'S NORTH CITY AND WELLSTON FOOD PANTRY (PCAC)

5868 West Florissant (at Riverview) 314-862-6270

Church Phone: 314-383-7771 www.pcacstl.org

Open Monday, Wednesday and Thursday from 9:00am -2:00pm. More locations.

63123

South County

SALVATION ARMY GATEWAY CITADEL

824 Union Rd

www.usc.salvationarmy.org. 314-631-1133

Food Pantry Serving zip codes 63123,63125,63126,63127,63128, 63129, and 63026

63125

FEED MY PEOPLE

171 Kingston Dr. 314-631-4900

Monday-Friday 10:00am-3:00pm. Saturday 9:00am-1:00pm.

63132

HARVEY KORNBLUM JEWISH FOOD PANTRY

10601 Baur Blvd.

www.jfcs-stl.org 314-993-1000

Call and ask to be transferred to the food pantry for hours.

63133

ST. AUGUSTINE'S WELLSTON CENTER

1705 Kienlen 63133

www.wellstoncenter.org 314-382-7158

Food Pantry Tuesday and Wednesday 7:30am to 10:30am

****Food Pantry hours often change. Call first if possible****

63135**PAKT Community Resource Center****500 Airport Rd. Ferguson www.paktcenter.org 314-524-2710**

Rent and utility assistance, food pantry, clothing, more for North County residents.

63136**PROJECT DOWNTOWN SAINT LOUIS West Florissant Masjid****6809 W Florissant Ave.****www.pdstl.org 314-556-0938.**

Every Saturday. Full meals and pantry. Set up at 10. Serving starts at 11:30am

FIT AND FOOD CONNECTION**Believers Temple. 2115 Chambers Rd. 63136****www.fitandfoodconnection.org 314-312-2746****Food Assistance Hotline. 314-649-7367**

Healthy food pantry delivery and more to those in need throughout St. Louis.

63138**HELPING HANDS FOOD PANTRY St. Peter's Lutheran Church****1120 Trampe Ave. Spanish Lake 314-741-5667**

1st, 2nd, 3rd and 4th Thursdays each month:

9:00 a.m.: Open 10:00 a.m.: Pass out food . 1:00 p.m..

URBAN LEAGUE ST. LOUIS COUNTY**8960 Jennings Station Rd.****314-388-9840**

Tuesday-Thursday 9:00am-12:00pm and 2:00on-4:00pm.

63147, 63136, 63137, 63138**GRACE NEW COVENANT FOOD PANTRY****1060 Chambers RD. Bellefontaine, MO. 63147****www.gracenewcovenantchurch.org 314-867-2782**

3rd & 4th Saturdays 9-11:30 am, Wednesdays 10:30-12:30 pm.

63031**TEAM FOOD PANTRY****265 St. Catherine Florissant****www.teamfoodpantry.com/wp/food-pantry/ 314-831-0879**

Food and non-food items to needy families in the Florissant/Hazelwood areas on a once a month basis. Call for times and appointment.

63043**LOAVES AND FISHES****2750 McKelvey Rd. Maryland Heights****www.loavesandfishes-stl.org 314-291-3857**

Registration required. Call for times and requirements.

63049**FEED MY PEOPLE****3295 Ottomeyer Rd. 636-677-9885 High Ridge****63088****CIRCLE OF CONCERN****112 St. Louis Ave. Valley Park****www.circleofconcern.org 636-861-2623**

West County. Food pantry, meals and many other services

HOUSING: SHELTERS FOR MEN

A Housing Helpline referral is required by most (but not all) of the shelters and transitional housing providers in this book. Call 211 or 314-802-5444 to start the process.

BIDDLE HOUSE OPPORTUNITIES CENTER

1212 N 13th St. 63101.

314-802-0700 or 314-802-5444

Overnight shelter for men only. Daytime services and meals for residents only.

CITY HOPE ST. LOUIS

2010 South 8th Street 63104

www.cityhopestl.org 314-904-4673

City Hope St. Louis provides immediate shelter and resources for individuals in the Saint Louis Metropolitan Region experiencing homelessness or are at risk of becoming homeless. **Several locations.** Contact 2-1-1 or the Homeless Helpline 314-802-5444 to start the intake process.

COVENANT HOUSE

2727 North Kingshighway 63113

www.covenanthousemo.org 314-533-2241

For Youth. Access to shelter, food, clothing, blankets, showers, laundry facilities, information, referrals, and crisis intervention

PETER & PAUL COMMUNITY SERVICES

2612 Wyoming St. 63118

www.ppcsinc.org 314-588-7111

Assists homeless and near-homeless single men. 60-bed year-round emergency shelter, a 20-bed year-round transitional program, meals, showers, lockers, medical referrals, living skills classes, and case management.

The Peter and Paul shelter is located 816 Allen, but you need a referral from the Housing Helpline. Call 314-802-5444

SALVATION ARMY ADULT REHAB CENTER

3949 Forest Park Ave. 63108 314-678-5500

Residential treatment and work in addition to group and individual therapy.

SALVATION ARMY HARBOR LIGHT

(No longer operating as a shelter.)

2900 Washington Blvd. 63103

314-652-3310

Short term detox/rehab center and drug and alcohol treatment programs.

STEPPING INTO THE LIGHT MINISTRY

1402 Hebert St. 63107

www.sitlm.org 314-231-5175

90-day residential faith-based treatment program for drug and alcohol abuse. Can be walk-in or referral. Call first if possible.

SUNSHINE MINISTRIES

1315 Howard St. 63106

www.sunshineministries.org 314-231-8209

Admission is on a first-come, first-served basis. Emergency and longer term.

DOMESTIC VIOLENCE RESOURCES

**National Hotline: 1-800-799-SAFE (7233) or (TTY) 1-800-787-3224
SEXUAL ASSAULT HOTLINE 800-656-4673**

ALIVE Alternatives to Living in Violent Environments

St. Louis area www.alivestl.org 314-993-2777

Franklin County 636-583-5700 or 800-941-9144

Counseling, emergency sanctuary, for adults and children.

BRIDGEWAY

www.bridgewaybh.com

St. Charles County - The Women's Center in St. Charles

24-Hour Toll-Free Crisis Line: 877-946-6854

Lincoln County - The Terry L. Robertson Center in Troy

24-Hour Toll-Free Crisis Line: 877-462-1758

HUMAN TRAFFICKING

National Human Trafficking Resource Center

www.traffickingresourcecenter.org 888-373-7888 Text BeFree (233733)

(LAAW) Legal Advocates for Abused Women

Hotline: 314-652-3623 Legal Assistance: 800-527-1460 Comprehensive assistance to victims of domestic violence. Crime Victim Advocacy.

SAFE AT HOME

www.MoSafeAtHome.com 866-509-1409

Provides survivors with a substitute address for IDs, driver licenses, court documents, etc.

SAFE CONNECTIONS

24-hour Crisis Helpline and main number 314-531-2003

2165 Hampton Avenue 63139 www.safeconnections.org

Free services for adults who have experienced domestic violence, assault and abuse.

SEXUAL ASSAULT HOTLINE

800-656-(HOPE) 4673 RAINN: www.rainn.org/

Chat online with a trained staff member for confidential crisis support and more resources.

ST. MARTHA'S HALL

PO Box 4950 63108 314-533-1313 (available 24/7)

12 week stay, crisis intervention, support groups, advocacy, follow up.

TURNING POINT

888-873-7233 www.turningpointdvs.com

Emergency Shelter and Supportive Services for Warren, Montgomery, St. Charles, Franklin, and Gasconade Counties and surrounding counties in east central Missouri.

VIOLENCE PREVENTION CENTER, SOUTHWESTERN ILLINOIS

P.O. Box 831 Belleville, IL 62222

www.vpcswi.org 800-924-0096 OR 618-236-2531 ext. 140

24 Hour Hotline 618-235-0892

Crisis hotline, emergency shelter, individual and group counseling more.

WOMEN'S SAFE HOUSE

www.twsh.org 314-772-4535 (24-hour crisis hotline)

A shelter and services for battered women and their children.

YWCA WOMEN'S RESOURCE CENTERS

3820 West Pine Blvd. 63108

www.ywcastl.org 314-531-1115

Domestic Violence/Sexual Assault Line: 314-645-4848 Crisis Line: 314-531-7273

1770 Beltway Drive St. Louis, MO 63114 314-427-4940

YWCA St. Charles Domestic Violence Support Center

4116 McClay St. Charles, MO 63304 636-373-7911

HOUSING: SHELTERS FOR WOMEN

ALIVE (Alternatives to Living in a Violent Environment)

PO Box 11201 63105

www.alivestl.org 314-993-7080 24-hour Crisis Hotline 314-993-2777

Temporary emergency sanctuary and transportation to victims of domestic violence, 24 hours a day, 365 days a year. Counseling, interventions, advocacy.

ALMOST HOME

3200 St. Vincent 63104

www.almosthomestl.org 314-771-4663

Almost Home is a transitional residence for teenage mothers with up to two children. The program is nine months long and may be extended.

BRIDGEWAY BEHAVIORAL HEALTH

www.bridgewaybh.com

Two emergency safe shelters and outreach centers in St. Charles and Lincoln Counties for women and children. Many other services and more locations.

St. Charles County: The Women's Center in St. Charles

24-Hour Toll-Free Crisis Line 877-946-6854

Lincoln County 24-Hour Toll-Free Crisis Line 877-462-1758

CITY HOPE ST. LOUIS

2010 South 8th Street 63104

www.cityhopestl.org 314-904-4673

City Hope St. Louis provides immediate shelter and resources for individuals experiencing homelessness or are at risk of becoming homeless. Several locations. Contact 2-1-1 or the Homeless Helpline 314-802-5444 to start the intake process.

GATEWAY 180: HOMELESSNESS REVERSED

1000 North 19th St. 63106

www.gateway180.org 314-231-1515

Emergency shelter services, transitional housing and programs

HAVEN OF GRACE

1225 Warren 63106

www.havenofgracestl.org 314-621-6507

Residential facility that assists homeless, pregnant women with shelter, goal-setting, education, employment, parenting, and permanent residence.

KATHY WEINMAN CENTER

314-423-1117

Temporary, emergency shelter, court advocacy, professional therapy for women and children, support groups. St. Louis County operates this shelter.

LOAVES AND FISHES SHELTER PROGRAM

750 McKelvey Rd, Maryland Heights, MO 63043

www.loavesandfishes-stl.org 314-291-3857

Comprehensive program for families with children. Also, overflow shelter program and Bridge program that works with homeless veterans.

LYDIA'S HOUSE

www.lydiashouse.org 314-771-4411

Community and faith-based domestic violence education, transitional housing, crisis intervention, court advocacy, support groups for women and children. They now have a program that allows residents to keep their pets.

MISSIONARIES OF CHARITY

3629 Cottage Ave. 63113

314-533-2777 or 314-533-9070

Emergency shelter for women and small children.

MISSOURI BAPTIST CHILDRENS HOME

11300 St. Charles Rock Road Bridgeton 63044

www.mbach.org 800-264-6224 or 314-739-6811

Residential program for pregnant women and girls. Family services.

OPAL'S HOUSE

PO Box 2316 East St. Louis, IL 62202-2316

www.opalshouse.org/. 877-OPAL-4-U-2 877-672-5482

Provides emergency shelter for abused women and their children.

OUR LADY'S INN

St. Louis: 4223 South Compton 63111 314-351-4590

St. Charles: 3607 Highway D, Defiance 63341 636-398-5375

www.ourladysinn.org

Emergency maternity shelter for pregnant women 18 and older and children.

QUEEN OF PEACE CATHEDRAL TOWER

325 N. Newstead 63108

www.qopccstl.org 314-531-0511

Supportive and permanent housing is provided at five locations and at scattered community sites. Part of the Shelter Care Plus program. Walk-In Clinic Hours.

ROOM AT THE INN -- PROVIDENCE CENTER

3415 Bridgeland Dr. 63044

www.roomstl.org 314-209-9198, 211 or 314-802-5444 or 866-802-7155

St. Louis County immediate, temporary, emergency shelter system for women and families, regardless of age or gender of the children. Churches provide locations.

SALVATION ARMY FAMILY HAVEN

10740 West Page Ave. 63132

www.stlsalvationarmy.org 314-423-7770

Will take families, but no single men except during winter months under special county program. Emergency shelter and resources.

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ST. MARTHA'S HALL

www.saintmarthas.org 314-533-1313

Confidential shelter for female victims of domestic violence. Individual and group counseling, legal advocacy, information, referral, and follow up.

ST. PATRICK PARTNERSHIP CENTER

800 North Tucker 63101

www.stpatrickcenter.org 314-802-0700

St. Patrick Center offers a limited number of beds for mentally ill women.

ST. PHILLIPINE HOME

1015 Goodfellow 63112

www.qopccstl.org 314-454-1012

A long-term residential program for pregnant and postpartum women and children. For people who have gone through a program for drug rehab through Queen of Peace.

WOMEN'S SAFE HOUSE

www.twsh.org 314-772-4535 (24-hour crisis hotline)

A shelter for battered women and their children. Legal advocacy, more.

HOUSING

3010 APARTMENTS

3010 Washington Ave. 63103

www.3010-apartments 314-833-4040

58 one-bedroom apartments operated by Salvation Army. Rents range from \$425-\$500. Operating as low-income housing for residents with a source of income.

ALMOST HOME

3200 St. Vincent 63104

www.almosthomestl.org 314-771-4663

Almost Home is a transitional residence for teenage mothers with up to two children. The program is nine months long and may be extended.

BETTER FAMILY LIFE

5415 Page Blvd. 63112

www.betterfamilylife.org/housing-asset-development- 314-367-3440

Assistance for first-time home buyers, foreclosure intervention and more.

BEYOND HOUSING

MAIN OFFICE

6506 Wright Way Pine Lawn, MO 63121

www.BeyondHousing.org 314-533-0600

Programs to prevent foreclosure, first-time home buyer programs and more. Supportive rental housing and senior citizen housing.

CALL FOR HELP, INC

9400 Lebanon Rd. East St. Louis, IL 62203

www.callforhelpinc.org 618-397-0968

Intensive two-year transitional residential program helps homeless young women.

CARDINAL RITTER SENIOR SERVICES

cwww.cardinalritterseniorservices.org 314-961-8000

Social service programs, affordable housing, independent living, assisted living, dementia care, nursing facilities. Check the website for locations, program, etc.

CENTER FOR WOMEN IN TRANSITION

7529 South Broadway 63111

www.cwitstl.org 314-771-5207

The Center works with women who are re-entering the area after incarceration. CWIT is a comprehensive program to help women move from crisis to stability and self-sufficiency. Two transitional housing facilities in South St. Louis.

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY (CAASLC)

2709 Woodson Rd. Overland 63114

www.caastlc.org 314-863-0015

CAASTLC has comprehensive housing assistance programs which include home ownership, housing counseling, and rent or mortgage assistance.

COMMUNITY WOMEN AGAINST HARDSHIP

3963 West Belle Place 63112

www.cwah.org 314-289-7523

Transitional housing location and many other family based programs.

CRIMINAL JUSTICE MINISTRY**1104 South Jefferson 63104****www.cjmslouis.org 314-652-8062****Release to Rent for Veterans**

Scattered supportive housing for veterans who are homeless with a criminal record.

CJM Release to Rent

Up to a year of supportive housing for men completing long-term sentences.

IMPORTANT: The best chance of being accepted to the rental programs is to contact them at least six months before release date. Parole officers can refer.**Next Steps Home-Ex Offender Re-entry Housing Program** for men and women who are working.**COOPER HOUSE (FORMERLY DOORWAYS)****4385 Maryland Ave. 63108****www.doorwayshousing.org 314.535.1919**

Provides housing and related supportive services to improve quality of life and health outcomes for people affected by HIV/AIDS.

FATHER DEMPSEY'S HOME**3427 Washington Blvd. 63103****www.archstl.org/fatherdempseyscharities 314-535-7221**

Partially furnished apartments from \$260 per month for older men. Some meals are provided. Call for availability.

GATEWAY HOUSING FIRST**1425 S. 18th St. 63104****www.gatewayhousingfirst.org 314-771-5335**

Develops properties for hard to house individuals and families. Provides housing placement services, emergency assistance and limited case management to households needing Permanent Supportive Housing. Several locations.

HABITAT FOR HUMANITY**3830 South Grand Blvd . 63118****www.habitatstl.org 314-371-0400**

First-time homebuyer's program that helps qualified families build their own home from the ground up, through a combination of volunteer and sweat equity labor.

HARRIS HOUSE**8327 S. Broadway 63111****www.harrishouse.org 314-631-4299**

Alcohol and drug rehab services to men and women age 18 and above, including a transitional housing program that provides subsidized housing for up to one year.

HAVEN RECOVERY HOMES**www.havenrecoveryhomes.com 314-930-9384**

Furnished houses with live-in housing managers, resource assistance for treatment and employment connections in supportive alcohol-and drug-free environment.

HILLJACK HOUSE**www.hilljackhouse.org 314-255-3964**

Supportive sober apartment living in south city buildings for men and women trying to overcome substance addictions.

HOMELESS VETERANS PROGRAMS**515 N Jefferson Ave. 63103****www.va.gov/homeless 314-652-4100 Ext. 55460**

Provides intake, assessment, referral, counseling, consultation for rehabilitative services, and residential placement. Call for more information.

HOPE HOUSE**1611 Hodiamont Ave. 63112****www.hopehousestl.org 314-382-3801**

Transitional housing apartments for homeless families, comprehensive social services, family development, vocational and educational counseling, more.

HUMANITRI**1447 East Grand Ave. 63107****www.humanitri.org 314-772-7720**

Scattered site transitional and permanent housing and assistance in finding housing.

JUSTINE PETERSEN**1023 North Grand Blvd. 63106****929 North 15th St. East St. Louis, IL 62205****www.justinepetersen.org 314-533-2411**

Homeowner and small business loans, credit counseling, first time homebuyer options and more.

MARYGROVE**2705 Mullanphy Lane Florissant 63031****www.marygrovechildren.org 314-830-6201**

Transitional housing and crisis care for children who are in need of emergency care due to homelessness, potential abuse/neglect, parental stress, etc.

MARY RYDER HOME**4361 Olive St 63108****www.maryryderhome.org 314-531-2981**

A nonprofit residential care facility for low-income senior women.

MOVE: MISSOURI VETERANS ENDEAVOR**8410 Engler Park Ct. St. John 63114****www.move-stl.org 314-778-9497**

Provides long-term supportive housing and services to veterans, family members.

OXFORD HOUSE**2715 Osage St. 63118****www.oxfordhouse.org 14-772-6771**

National, self run, self supported, addiction recovery houses. There are additional locations throughout the area.

PETER & PAUL COMMUNITY SERVICE**2612 Wyoming St. 63118****www.ppcsinc.org 314-588-7111 or 314-621-5520**

Shelter and transitional housing for men. Two locations.

QUEEN OF PEACE CATHEDRAL TOWER**325 N. Newstead 63108****www.qopcstl.org 314-531-0511**

Supportive and permanent housing is provided at five locations and at scattered community sites. Part of the Shelter Care Plus program. Walk-In Clinic Hours For Women and Children: . CSTAR residential and outpatient treatment program.

RAINBOW VILLAGE**1240 Dautel Ln. 63146****www.rbvstl.org 314-567-1522**

Neighborhood homes for people with developmental disabilities.

SAINTS JOACHIM & ANN CARE SERVICE**4116 McClay Road . St. Charles, MO 63304****www.jacares.org 636-441-1302**

Housing Assistance, Children and Family Development, Food Pantry, Adopt-A-Family, Workforce DevelopmentDisaster Relief.

SALVATION ARMY ADULT REHAB CENTER**3949 Forest Park Ave. 63108****314-678-5500**

Provides residential treatment and work in addition to group and individual therapy.

SALVATION ARMY FAMILY HAVEN**10740 West Page Ave. 63132 314-423-7770**

A transitional housing resource for women and children with various programs focused on family stability.

STEPPING INTO THE LIGHT MINISTRY**1402 Hebert 63107****www.sitlm.org/ 314-231-5175**

90-day residential treatment program for drug and alcohol abuse. Can be walk-in or referral. Call first if possible.

ST. LOUIS COMMUNITY RE-ENTRY PROGRAM**1809 S.8th Street 63104****314- 951-4048**

Rooms for rent for men in transition. Substance abuse meetings, job training.

ST. LOUIS CITY AND COUNTY HOUSING AUTHORITY AND**EAST ST. LOUIS HOUSING AUTHORITY****St. Louis City: 3520 Page Blvd. 63106****www.slha.org 314-531-4770****Section 8 Waiting List: 314-286-4361****St. Louis County Housing Authority:****8865 Natural Bridge Rd 63121****www.haslc.com 314-428-3200****East St. Louis Housing Authority****700 N 20th St, East St Louis, IL 62205****www.eslha.org 618-215-6759****SUNSHINE MISSION****1520 N. 13th St. 63106****www.sunshineministries.org 314-231-8209**

Offers a men's emergency shelter, men's long term rehabilitation program.

WOMEN'S SAFE HOUSE**PO Box 63010 63163****www.twsh.org 24 Hour Crisis Hotline 314-772-4535**

Multi-service shelter for battered women and their children.

YWCA-PHYLLIS WHEATLEY**2711 Locust 63103 314-533-9400 Ext. 227**

Apartments for single women for up to two years. Personal and career development services. Case management services, GED certification, job readiness training.

www.ahl.mhdc.com Lists subsidized or affordable apartments by zip code:

IMMIGRANT SERVICES

AMERICAN RED CROSS - ST. LOUIS CHAPTER

10195 Corporate Square Dr. 63132

www.redcrossstl.org 314-516-2843

International Services provides tracing and messaging.

BI-LINGUAL INTERNATIONAL ASSISTANCE SERVICES

1329 Macklind Ave., Suite 200 63110

www.bilingualstl.org 314-645-7800

Provides mental health and social services to the elderly and disabled foreign born.

CG IMMIGRATION LAW, LLC

2316 Cherokee St. 63118

www.cgimmigrationlaw.info 314-514-4248

Variety of services from green cards, work permits, family visas, DACA, more.

CASA DE SALUD

3200 Chouteau Ave. 63103

www.casadesaludstl.org 314-977-1250

Comprehensive medical services and referral services, primarily for adults.

CATHOLIC LEGAL IMMIGRATION NETWORK, INC.

www.cliniclegal.org for text assistance in many languages.

CATHOLIC LEGAL ASSISTANCE MINISTRY (CLAM)

100 N. Tucker Blvd., Suite 726 63101 (No Walk-Ins, call for appointment)

www.sfcstl.org/locations/clam/ 314-977-3993

CENTER FOR SURVIVORS OF TORTURE & WAR TRAUMA

has joined Bilingual Assistance Services

1329 Macklind Ave., Suite 200 63110 www.bilingualstl.org 314-645-7800

Counseling and therapy, extensive youth program, asylum documentation, etc.

ENGLISH TO SPEAKERS OF OTHER LANGUAGES (ESOL)

1530 S. Grand Blvd. 63104

www.slps.org 314-664-1066

Bi-lingual Program-St. Louis Public Schools. Many locations and school sites.

HISPANIC CHAMBER OF COMMERCE

3611 South Grand Blvd., Suite 105 63118

www.hccstl.com 314-664-4432

Promotes and supports Hispanic small businesses through programs & services.

IMMIGRANT & REFUGEE WOMEN'S PROGRAM

5021 Adkins Ave., Rooms 114 & 214, 63116

www.irwpstl.org 314-771-1104

Teaches women basic English and practical living skills in their own homes.

IMMIGRANT COMMUNITY ACTION PROJECT (M.I.C.A. PROJECT)

1600 S. Kingshighway Blvd. Suite 2N 63110

www.mica-project.org 314-995-6995 Toll Free: 855-995-6995

Sliding scale fees for individual legal services for removal defense, family-based immigration, asylum, adjustment of status and more.

INTERNATIONAL INSTITUTE

3401 Arsenal St. 63118 www.iistl.org 314-773-9090

This organization offers many services for new arrivals to the St. Louis area

LIFEWISE STL**(Formerly Kingdom House)****1321 S. 11th St. 63104****www.lifewisestl.org 314-421-0400**

Many programs and classes offered in English and Spanish, including Financial Stability, English, Maternal Mental Health, Health & Wellness.

LANGUAGE ACCESS METRO PROJECT (LAMP)**8050 Watson Rd., Suite 340 63119****www.lampinterpreters.org 314-842-0062 866-948-7133**

Translation services. Specialists in medical interpreting.

LEGAL AID/ Legal Services of Eastern Missouri**4232 Forest Park Ave. 63108****www.lsem.org 314-534-4200 or 800-444-0514**

Immigration Law Project offers many resources and services.

MISSOURI IMMIGRANT AND REFUGEE ADVOCATES (MIRA)**2725 Clifton Ave. 63139****www.mira-mo.org 314-669-1288**

Organizes and advocates for the basic rights of immigrants and refugees.

NAHEH CHAPMAN NEW AMERICAN ACADEMY(NCNA)**1616 S. Grand Blvd. 63104****www.slps.org/NCNA 314-776-1066 or 314-776-3285**

Accelerated English training, and more through the St. Louis Public Schools.

NEW AMERICAN ALLIANCE**3401 Arsenal St. 63118 (International Institute)****www.newamericanalliance.org 314-655-0889**

Connects foreign-born individuals to services in the St. Louis area. Website provides links to many resources, including legal and immigration services.

OASIS INTERNATIONAL**5035 Gravois Ave. 63116****www.oasis4refugees.org 314-353-3800**

English classes, clothing, furniture, more for primarily refugee families.

REFUGEE CENTER ONLINE (RCO)**www.therefugeecenter.org**

Education and resources for refugees and immigrants. Offers online language and GED courses, resume and employment information, legal, and more..

SAINT FRANCIS COMMUNITY SERVICES SOUTHSIDE CENTER**4222 Delor St. 63116****www.sfcstl.org 314-773-6100**

(Formerly Catholic Charities Community Services Southside Center). Case management, mental health counseling, and youth programming, legal services.

(USCIS) US Citizenship and Immigration Service**www.uscis.gov**

Service and Office Locator to check status, change of address, and much more.

VITENDO 4 AFRICA (V4A)**7220 N. Lindbergh Blvd., Suite 270 Hazelwood 63042****www.vitendo4africa.org 314-252-0488**

Programs and support. Health and home ownership programs and more.

LEGAL SERVICES

AMERICAN CIVIL LIBERTIES UNION (ACLU)

906 Olive St. #1130 63101 www.aclu-mo.org 314-652-3111

ARCH CITY DEFENDERS Civil Rights Attorneys

440 N. 4th Street, Suite 390 63102

www.archcitydefenders.org 855-724-2489 Local Number: 314-361-8834

Free or low cost legal representation from minor criminal offenses, to landlord-tenant law, to family law issues. Call for information about their BAIL advocacy.

BAIL PROJECT

www.BailProject.org

Assistance in paying bail through a national revolving fund. Below are local contacts.

St. Louis City Referrals: 314-730-4993 County Referrals: 314-884-1310

CATHOLIC LEGAL ASSISTANCE MINISTRY (CLAM)

100 N. Tucker Blvd., Suite 726 63101 314-977-3993

Mostly domestic issues, cases involving paternity, orders of protection, guardianship, and abuse. Also services for immigrant populations.

CATHOLIC LEGAL IMMIGRATION NETWORK

www.cliniclegal.org/

Immigration attorneys who specialize in advocacy, worker immigration law, more.

CIRCUIT ATTORNEY'S OFFICES

St. Louis City: 314-622-4373

St. Louis County: 314-615-4872

St. Charles County: 636-949-7370

Orders of protection, victims services.

CREA: City of St. Louis Civil Rights Enforcement Agency.

1114 Market Street #626

314-622-3301

Monitors and investigates fair housing, equal employment and public accommodation complaints. Equal opportunity enforcement.

CRIME VICTIMS ADVOCACY CENTER

539 North Grand Blvd., Suite 400 63103

Hotline: 314-652-3623

Legal Assistance: 800-527-1460

Aid to Victims of Crime

EHOC Metropolitan St. Louis Equal Housing and Opportunity Council

1027 S. Vandeventer Ave., 6th Floor 63110

www.ehocstl.org 314-534-5800

FATHERS SUPPORT CENTER

1601 Olive St. 63103 and more locations

www.fatherssupportcenter.org 314-333-4170 Legal services in the areas of child support payment modifications, legal visitation, child custody and more.

FEDERAL BONDING PROGRAM

Department of Economic Development

421 East Dunklin St., Po Box 1087 Jefferson City 65102

573-526-8217

Fidelity bonding insurance coverage to individuals with criminal histories and others.

JAIL DIVERSION PROGRAM
St. Louis City 314-621-5848 Ext. 1023

LAMDA LEGAL
www.lambdalegal.org

Legal organization working for the civil rights of LGBTQ and people with HIV/AIDS.

LAWYER REFERRAL SERVICE
www.bamsl.org 314-621-6681

Bar Association referral service maintains a listing of attorneys who practice in the metropolitan St. Louis, Missouri-Illinois area.

LEGAL AID (Legal Services of Eastern Missouri)
4232 Forest Park 63108

www.lsem.org 314-534-4200 or 800-444-0514

Legal services in the areas of housing, domestic issues, financial, health, immigration, elderly and many others, including some social services.

LEGAL ADVOCATES FOR ABUSED WOMEN
www.laawstl.org 314-664-6699

Free legal representation at Adult and Child Order of Protection hearings for victims of abuse in seven counties. Many other legal services.

LEGAL ASSISTANCE WEBSITES

www.courts.mo.gov

www.stlcin.missouri.org

Attorney General's Office: www.ago.mo.gov

Victims of Crime: www.okbemad.org

Legal Services of Missouri: www.lsmo.org

www.legalmatch.com

www.missouri.freelegalanswers.org

MACARTHUR JUSTICE CENTER

3115 South Grand Blvd. Suite 300 63118

www.macarthurjustice.org/ 314-254-8540

A civil rights law firm with a focus on jails and prisons, as well as court reform sentencing and parole practices, death penalty and policing.

NEW COVENANT LEGAL SERVICES

4236 Lindell Blvd, Suite 201 63108

nwww.newcovenantlegalservices.org 314-726-6489

Provides legal services to individuals and groups, including refugees and immigrants on a sliding scale basis. Call for appointment and to provide information by phone.

PUBLIC DEFENDER, CITY

1114 Market St. 63101 314-340-7625

PUBLIC DEFENDER, COUNTY

100 S Central Ave. Clayton 63105 314-615-4778

ST. LOUIS COUNTY FAMILY COURT PROJECT

501 S. Brentwood Blvd. 63105 314-615-4502

ST. FRANCIS COMMUNITY SERVICES Southside Center

4222 Delor St. 63116 www.sfcstl.org 314-773-6100

Family law, immigration law, veterans advocacy, Housing Opportunity Project more.

UPCOUNSEL www.upcounsel.com

Provides cost-effective legal services for non-profits, businesses, entrepreneurs.

EPWORTH'S YOUTH DROP-IN CENTER/Street Outreach**7520 Natural Bridge Rd. Normandy 63121****www.epworth.org Office-314-222-4877 Outreach-314-952-8689****24/7 Helpline 314-727-6294 800-899-KIDS (5437)****IT GETS BETTER PROJECT www.itgetsbetter.org****LAMDA LEGAL****www.lambdalegal.org**

National legal organization representing numerous issues in courts and advocacy.

LGBT National Youth Talk 800-246-7743 www.lgbthotline.org**METRO TRANS UMBRELLA GROUP (MTUG)****3133 Oregon Ave 63118****314-349-1402 www.stlmetrotrans.com**

Resources, programs, events website lists testing sites, medical resources.

PLANNED PARENTHOOD**4251 Forest Park Ave. 63108 Main location****www.plannedparenthood.org 314-531-7526 800-230-PLAN (7526)**

Many health care services including General Health Care, HIV Testing, LGBT Services, Men's Health Care, Treatment & Vaccines, Women's Health Care.

PRIDE ST. LOUIS**3738 Chouteau 63110****314-480-6898 www.pridestl.org**

Resources, events, advocacy. Call for hours.

RUSTIN'S PLACE DROP-IN CENTER**1114 North Sarah St. 63113****www.rustinsplace.org 314-553-9506**

A program of Williams and Associates. Safe haven, free wi-fi, std/sti testing, social activities, health education. PREP available, free pregnancy testing.

SAFE ZONE UMSL TRAINING PROGRAM**www.umsi.edu/~safezone/resources.html**

Extensive list of resources, organizations, trainings and more at website.

ST. LOUIS GENDER FOUNDATION: LGBT COMMUNITY RESOURCES**www.stlouisgenderfoundation.org****ST. LOUIS QUEER+SUPPORT HELPLINE****www.thesqsh.org 314-380-7774 Toll-Free: 844-785-7774**

Emotional support, resources, and referrals for the St. Louis LGBTQIA+ community.

THE SPOT (for ages 13-24)**4169 Laclede 63108 www.thespot.wustl.edu 314-535-0413**

A drop-in center open M-F afternoons. Computers, laundry, showers, pregnancy testing and contraception, STD/HIV testing.

TRANS LIFELINE Hotline: 877-565-8860**THE TREVOR PROJECT****866-488-7386 (24/7) www.thetrevorproject.org**

TrevorText is a phone service. Text "START" to 678678.

MEAL PROVIDERS

Below is a list of places that serve MEALS AND SANDWICHES. It's not complete, and programs change. See page 15 for pantries. Area code 314 on all numbers.

63101

ST PATRICK CENTER-Shamrock
800 N. Tucker 802-0700
Lunch 7 days a week 12:00pm-12:30pm

63103

CENTRAL BAPTIST CHURCH
2843 Washington Ave.
Lunch Tuesdays, 12:00 noon.

63104

FOCUS GATEWAY CITY
1901 Ann Ave. 776-4205
Supper is 4:30-5:30 every Sunday that falls on the 2nd through the 21st of every month.

PETER AND PAUL SERVICES

816 Allen Ave. 231-9923
Lunch Monday-Friday: 2nd-21st of each month. Saturday and Sunday 12:00pm-12:45pm. Dinner Monday-Friday: 2nd-21st 5:00pm-5:45pm.

ST. VINCENT CHURCH

1408 S 10th St. (Soulard) 231-9328
Enter 9th Street side.
Lunch: Monday-Saturday 11:00am-1:00pm. Coffee, sandwiches: Sunday 10:15am-11:00am. Dinner: 22nd to 1st of the month, 5:00pm-6:00 pm.

SOUP ALLEY/TRINITY CHURCH

812 Soulard Ave. 231-4092
Monday-Friday 9:00am-10:30am.
Saturday 10:00am-11:am.

63108

TRINITY EPISCOPAL CHURCH
600 North Euclid Ave. 63108
314-361-4655 (message only)
Hot meal every Sunday 2:00 pm.

63112

CENTENNIAL CHRISTIAN CHURCH
4950 Fountain Ave. 63113
www.cccstl.org/ 314-367-1818
Zip Codes: 63112, 63113, 63115, 63108
Lunch: Wed and Fri. 11:00 am-1:00 pm.

GRACE AND PEACE FELLOWSHIP

622 Clara Ave. @ Delmar
www.graceandpeacefellowship.org
314-367-8959
Monthly Schedule: (Check for updates)
First and third Wednesdays
Bible study and lunch 12:30 -1:30
Food pantry distribution 1:30 to 2:30
Second Wednesday 6 to 7pm
Fourth Saturday 11 to noon

UNION MEMORIAL CHURCH

1141 Belt Ave. 367-8314
Lunch: Monday-Friday 12:00pm-12:30pm.
Breakfast: Sunday 9:00am-10:30am.

63113

WEST SIDE MB CHURCH
4675 Page Blvd. 535-9002
Dinner: Monday, Wednesday, Friday
5:30pm-6:30pm

MISSIONARIES OF CHARITY

2500 Spring Ave. 533-9070
Every day except Thursday 10 - 11am.

63115

ST. LOUIS DREAM CENTER
4324 Margaretta Ave. 381-0700
Call for times.

ST. JOHN'S CHURCH

3672 Arsenal St. 772-3970
Dinner every Saturday 4:00pm-6:00pm.

63118

CHAPEL FOR THE EXCEPTIONAL
3436 Winnebago St. 776-7172
Lunch/soup kitchen: Monday-Friday
12:00pm-12:30p 63136

PROJECT DOWNTOWN STL

6809 W Florissant Ave. . 63136 www.
pdstl.org 314-556-0938
Every Saturday. Preparation is at 10am.
Serving starts at 11:30am. Clothing,
groceries, and school supplies.

*Covid 19 has been changing the hours
of meal providers.*

Call first to confirm times.

MEDICAL

AFFINIA HEALTH CARE

www.affiniahealthcare.org

314-814-8700 for appointment 314-898-1700 for information

Many locations throughout the area. Sliding fee scale to uninsured patients.

AFFORDABLE CARE ACT (Obamacare)

www.HealthCare.gov. and www.EnrollMissouri.org 800-318-2596

INFORMATION LINE: 1-855-373-9994

BEHAVIORAL HEALTH RESPONSE (BHR)

www.bhrstl.org

24-hour Mental Health Crisis Line: 314-469-6644 or 800-811-4760

CALL FOR HELP, INC

9400 Lebanon Rd. East St. Louis, IL 62203

www.callforhelpinc.org 618-397-0968

Comprehensive intervention services for homelessness, sexual assault, poverty.

CASA de SALUD

3200 Chouteau 63103

www.casadesaludstl.org 314-977-1250

Low cost health clinic for uninsured patients, providing on site health care.

CHIPS Health and Wellness Center

2431 N. Grand Blvd. 63106

www.chipsstlouis.org 314-652-9231 Ext. 10 for appointment

Sliding scale or no fee for wide range of clinic services and programs.

COMMUNICABLE DISEASES/STD DEPARTMENT OF HEALTH

1520 Market St., Suite 4027 63103 314-872-1431

HIV/AIDS Care, Education, Planning, TB Control, Surveillance, and Intervention.

CONTRACEPTIVE CHOICE CENTER

4533 Clayton Ave. 63110 Entrance at back of building

c3.wustl.edu 314-747-0800

A full-service women's health clinic and testing. Same day appointments available.

COVER MISSOURI

Missouri Health Insurance Marketplace

www.covermissouri.org 800-318-2596

FAMILY CARE HEALTH CENTERS

Carondelet: 401 Holly Hills Avenue 63111 314-353-5190

Forest Park Southeast: 4352 Manchester Avenue 63110 314-531-5444

www.familycarehealthcenters.org

Affordable and accessible primary care and dental care. Sliding scale.

HOPE CLINIC FOR WOMEN

1602 21st Street, Granite City, IL 62040

Emergency/After Hours: 618-346-3040 www.hopeclinic.com 618-451-5722

Abortion care. Also, pill 6-10 weeks, pregnancy testing, std testing.

MYRTLE HILLIARD DAVIS COMPREHENSIVE HEALTH CENTERS/

CARESTLHEALTH www.carestlhealth.org Several locations.

Comprehensive: 5471 Dr. Martin Luther King Dr. 63112 314-367-5820

PLANNED PARENTHOOD**4251 Forest Park Ave. 63108****www.plannedparenthood.org 314-531-7526**

Main location. 800-230-PLAN (7526). Many health services and testing.

SLU HEALTH RESOURCE CENTER, PRIMARY CARE CLINIC**1408 N Kingshighway Blvd., Suite 213 63113****www.medschool.slu.edu/hrc 314-389-0008**

Call for various times and specialties. Free clinics/SLU doctors.

COMMUNITY BIRTH AND WELLNESS CENTER/JAMAA BIRTH VILLAGE**8 Church St., Ferguson, Mo. 63135****www.jamaabirthvillage.org 314-643-7703**

Offers midwifery and doula care, options and alternatives for pregnancy, childbirth.

RUSTIN'S PLACE DROP-IN CENTER**1114 North Sarah St. 63113****www.rustinsplace.org 314-553-9506**

A program of Williams and Associates. Safe haven, free wi-fi, std/sti testing, social activities, health education. PREP available, free pregnancy testing.

SAFE: a Rustin's Place**3533 Dunn Rd. Suite 228 Florissant 63033 314-695-5188****ST. LOUIS DENTAL EDUCATION AND ORAL HEALTH CENTER****A partnership of A.T. Still University and Affinia Healthcare****1500 Park Ave 63104 www.stldentalcenter.org/ 314-833-2700**

Affordable oral healthcare services for patients of all ages.

ST. LOUIS EFFORT FOR AIDS --EFA**2653 Locust Street . 63103 . *New address*****www.stlefa.org 314-645-6451**Provides education on prevention of HIV infection and comprehensive support services to those affected by HIV/AIDS. **Testing and STD treatment.****THE ST. LOUIS INTEGRATED HEALTH NETWORK****1520 Market St., Suite 4034 63103 www.stlouisihn.org 314-657-1566**

A network of community health centers. Services include primary care, dental, eye care, Check website or call for their locations. Accessible and affordable healthcare services for all residents of Metropolitan St. Louis, with an emphasis on the medically underserved.

STLHELP (FREE Home Medical Equipment)**www.stlhelp.org 636-933-9393**

Provides access to free home medical equipment through recycle and reuse.

WILLIAMS AND ASSOCIATES**3737 North Kingshighway Blvd., Suite 204-206 63115-1736****www.minorityhealthstl.org 314-385-1935**

Provides preventive health education, disease prevention, health promotion and care services that address health disparities of minorities in the St. Louis Bi-State Region.

WISH CENTER SSM Health St. Mary's Hospital**1035 Bellevue Ave., Suite 205 Richmond Heights 63117****www.ssmhealth.com/locations/location-details/wish-center 314-768-8230**

(The Women and Infants Substance Help). High risk maternity care for women who are dependent on opioids and other drugs.

MENTAL HEALTH

800-SUICIDE (800-784-2433) or 800-273-TALK (800-273-8255)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

www.suicidepreventionlifeline.org/

24-Hour Local Help Line: 636-946-3771

TEXT: 741741 Quick response for mental health issues or crisis.

ADAPT OF MISSOURI

4030 Chouteau Ave. 63110

2301 Hampton Ave. 63139

www.adaptusa.com 888-657-3201

Provides individual therapy, community support for adults with mental illness

ADVENT BEHAVIORAL CARE

255 Spencer Road, Suite 201

Saint Peters, MO 63376 636-939-2550

www.adventmedicalgroup-mo.com

Behavioral health care services for children, adolescents, adults and older adults and their families. Several other locations.

ANNIE MALONE CHILDREN & FAMILY CENTER

2612 Annie Malone Dr. 63113

www.anniemalone.com 314-531-0120 or 314-531-2612

Parenting education, self-help, respite, counseling and more.

BEHAVIORAL HEALTH RESPONSE (BHR)

www.bhrstl.org 24 hour Crisis Lines: 314-469-6644 or 800-811-4760

Many locations, services, trainings, including help for youth.

BJC BEHAVIORAL HEALTH

Administrative Offices, Referrals and Call Center

1430 Olive St., Suite 400 63103

www.bjcbehavioralhealth.org 314-747-7491 toll-free: 877-729-4004

After hours: 314-469-6644 or toll-free 800-811-4760

Mental health services and supportive services. Several locations,.

BRIDGEWAY BEHAVIORAL HEALTH (Several Locations)

www.bridgewaybh.com Main number: 866-758-1152

St. Louis City Center 314-535-5246 St. Charles Center 636-757-2300

CASA DE SALUD: FAMILY MENTAL HEALTH COLLABORATIVE

1015 S. Compton 63104

www.casadesaludstl.org 314-977-1240

CATHOLIC FAMILY SERVICES

www.cfsstl.org 800-652-8055

Various locations for psychiatric and mental health services.

CENTREPOINTE HOSPITAL AND OUTPATIENT CLINICS

St. Charles: 4801 Weldon Spring Parkway 63304

St. Louis City: 1430 Olive St. 63103

www.centerpointehospital.com 800-345-5407

More locations. Residential & outpatient mental health, substance abuse treatment.

CHAD'S COALITION (for Mental Health)

4121 Union Road #224 63129

www.chadscoalition.org 314-952-2046

A variety of suicide and bullying prevention education programs & support.

COMPREHENSIVE BEHAVIORAL HEALTH CENTER

505 South 8th St. East St. Louis, IL 62201 618-482-7330 (Office)

Mental health and substance abuse treatment, rehabilitative and social support on a 24-hour basis. Works with Alton Mental Health Center.

COMMUNITY PSYCHOLOGICAL SERVICES (at UMSL)

232 Stadler Hall, One University Blvd. 63121

314-516-5824 www.umsi.edu/services/cps

Outpatient mental health center established by the University of Missouri-St. Louis.

COMTREA

www.comtrea.org 636-931-2700

Several Jefferson County and South County locations. Substance abuse treatment services, psychiatric services, individual and group therapy, and more.

CRIDER HEALTH CENTERS

www.cridercenter.org 636-332-6000

St. Charles: 546 First Capital Dr., Suite 1 63301 636-946-4000

Union: 1780 Old Highway 50 East 63084 636-582-8100

Warrenton: 19515 Brune Parkway 63383 636-456-1500

Wentzville: 1032 Crosswinds Ct. 63385 636-332-6000

A variety of behavioral health programs and services throughout the area.

CRISIS TEXT LINE: Text "GO" to 741-741

www.crisistextline.org

Crisis Text Line serves young people (and others) in any type of crisis, providing access to free, 24/7, emotional support and information.

DEPARTMENT OF MENTAL HEALTH

www.dmh.mo.gov

The Department of Mental Health website includes numerous resources on crisis intervention, drug and alcohol abuse, developmental disabilities, and more.

HAWTHORN CHILDREN'S PSYCHIATRIC HOSPITAL

1901 Pennsylvania Ave. 63133

www.dmh.mo.gov/hcph 314-512-7800 314-512-7593 (TTY)

A children's psychiatric hospital operated by the MO Dept. of Mental Health.

HOPEWELL MENTAL HEALTH SERVICES

909 North 14th Street 63106

www.hopewellcenter.com 314-531-1770 Emergency: 314-531-7335

Provides mental health case management and psychiatric services. Onsite pharmacy for prescription medications. No walk-ins. Must make appointment.

HYLAND BEHAVIORAL HEALTH CENTER

St. Anthony's Medical Center

10010 Kennerly Rd. 63128

www.stanthonysmedcenter.com 314-525-7275.

In-patient and out-patient psychiatric and chemical dependency services.

INDEPENDENCE CENTER

Clubhouse: 4245 Forest Park Ave. 63108 314-533-4245

www.independencecenter.org

Assists adults with serious, persistent mental illnesses to live and work in the community.

JEWISH FAMILY AND CHILDRENS SERVICES

10950 Schuetz Rd 63146

www.jfcs-stl.org

314-993-1000

Counseling for adults and children. Family conflict, depression, transitions, more.

LIFEWISE (Formerly Kingdom House)

1321 S. 11th St. 63104 www.lifewisestl.org 314-421-0400

Wrap-around Maternal Mental Health Program for new or pregnant Latina mothers at high risk of depression or anxiety, & increased risk for infant mortality.

MEDICAL FAMILY THERAPY PROGRAM

Saint Louis University Center for Counseling and Family Therapy

Fitzgerald Hall, Suite 10 3500 Lindell Blvd. 63103 314-977-2505

Individual, couples, and family counseling,

MENTAL HEALTH FIRST AID

www.mentalhealthfirstaid.org 314-877-6458

Courses that help the public identify and respond to signs of mental illnesses.

METROPOLITAN PSYCHIATRIC CENTER

5351 Delmar Blvd. 63112

www.dmh.mo.gov/mpc 314-877-0501

Diagnostic and treatment psychiatric care services including forensic.

MISSOURI INSTITUTE OF MENTAL HEALTH (State Hospital)

5400 Arsenal St. 63139 www.mimh.edu 314-877-6401

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) www.nami.org

CIT: Crisis intervention Team programs, many resources.

NAMI-ST. LOUIS BRANCH www.namistl.org 314-962-4670

Community support, Mental health First Aid classes.

PLACES FOR PEOPLE

4130 Lindell Blvd. 63108

www.placesforpeople.org 314-535-5600 314-993-1000

Cost-effective outpatient services to people with mental health disorders, including assistance with medication and substance use. **(No housing services)**

PROVIDENT COUNSELING

www.providentstl.org 314-533-8200 for appointments

Provident provides counseling services at five locations throughout St. Louis.

SAFE PLACES

www.nationalsafeplace.org/find-a-safe-place

SHAMROCK CLUB DAY TREATMENT PROGRAM AT ST. PATRICK CENTER

800 N. Tucker 63101

www.stpatrickcenter.org 314-802-0700

Mental health and substance abuse treatment.

ST. LOUIS EMPOWERMENT CENTER Depression Bipolar Support Alliance

907 Dock St. 63147

www.dbsaempowerment.org 314-652-6100 Friendship Line: 866-525-1442

A drop-in center for mental health and substance abuse recovery self-help meetings.

WALTER'S WALK

737 Dunn Road Hazelwood, MO 63042

www.walterswalk.com 314-731-2433

Mental health services to children and adults regardless of ability to pay.

MONEY MATTERS

EXCEL CENTERS/PROSPERITY CONNECTION

www.prosperityconnection.org

Provides financial education, affordable financial services, resources. Free financial coaching and money management education, as well as low-cost banking options.

Old North Excel Center 2707 N. 14th Street 63106 314-768-5954

24:1 Community Excel Center 6724 Page Ave Pagedale, MO 63133 314-256-3995

St. John Excel Center 2808 Endicott 63114 314-256-3995

Administrative Office 3651 Forest Park Ave. 63108 314-385-1586

GATEWAY EITC COMMUNITY COALITION

910 North 11th Street 63101 www.gatewayeitc.org 314-539-4062

Free tax preparation for low income households.

JUSTINE PETERSEN

1023 N Grand 63106

www.justinepetersen.org 314-533-2411

Home ownership and business loans, including Micro-Enterprise Services and more

LIFEWISESTL (Formerly Kingdom House)

1321 S. 11th St. 63104

www.lifewisestl.org 314-421-0400.

Financial Stability Services provide one-on-one coaching, financial education and access to credit and wealth-building products. Includes Credit Union micro-branch.

OFFICE OF FINANCIAL EMPOWERMENT City of St. Louis Treasurer

1200 Market Street City Hall Room 220 63103

www.stlofe.org/ 314-622-4700

Free financial education and counseling resources to help raise credit scores, get out of debt, start a business, assist students efforts to attend college, more.

RED DOUGH LOANS

6724 Page Avenue 63133

www.reddough.com 314-726-2678

Combats predatory lending through Helping Hand Loan™, an installment loan that helps break the payday loan cycle. Works with Prosperity Connection.

ROW (REDEVELOPMENT OPPORTUNITIES FOR WOMEN)

Family Resource Center 3309 S. Kingshighway Blvd 63139

www.frcmo.org/services/row/ 314-534-9350

Focus on financial security for women impacted by poverty and trauma.

STATE ID AND OTHER RESOURCES

Visit RE-ENTRY starting on Page 40 for information about walk-in assistance at the College Church at Grand and Lindell. Also through City Hall.

WOMEN IN CHARGE

733 N. Union Blvd. 63108

www.womenincharge.org 314-432-7300

Many programs, including HiSet classes (formerly GED), mentoring, counseling, career development, nutrition, Yoga, financial literacy and more.

RE-ENTRY

*****NOTE: Two forms of ID are usually needed for employment, so try to take care of this as soon as possible. If still incarcerated, a caseworker can get this process started before release.*****

COLLEGE CHURCH OUTREACH PROGRAM

St. Francis Xavier College Church

SFX Ballroom at 3620 Lindell (just west of Grand, entrance on Grand) 63108

www.sfxstl.org/outreach 314-266-9557

For both birth certificates and Missouri State IDs. Arrive by 8:45am on Tuesdays.

CALL FOR HELP, INC.

9400 Lebanon Rd. East St. Louis, IL 62203

www.callforhelpinc.org 618-397-0968

Multi-service agency responding to crisis situations in the Metro East area.

CENTER FOR WOMEN IN TRANSITION (CWIT)

7529 South Broadway 63111

www.cwitstl.org 314-771-5207

There are two transitional housing facilities in St. Louis city for women reentering the St. Louis area from a correctional facility.

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY (CAASTL)

2709 Woodson Rd. 63114

www.caastlc.org 314-863-0015

Assists residents of St. Louis County meet the terms of their probation and parole, including GED, money management, drug and alcohol, counseling, family development, job readiness and placement.

CONCORDANCE ACADEMY

www.concordanceacademy.com 314-396-6001

Re-entry support program that starts before release. Currently operating in three eastern Missouri prisons. Call or check the website for more information.

CONNECTIONS TO SUCCESS and DRESS FOR SUCCESS

www.connectionstosuccess.org

2125 Bissell 63107 314-584-6887

(In the Grace Hill building near Grand and Florissant)

3000 Little Hills Expressway St. Charles 63301 636-940-8027

1701 N 2nd St. St Charles 63301 636-940-8027

Both organizations provide clothing for job interviews and outfits for starting work before the first paycheck. Also, counseling and job readiness. They work with men and women who have been incarcerated as well as other job seekers. **Grace Hill address is for women only.** Call to make an appointment.

CRIMINAL JUSTICE MINISTRY

1104 South Jefferson 63104 www.cjmstlouis.org 314-652-8062

Works with prison inmates and their families to provide various services. Ask your parole officer to send a referral to CJM Direct Services Criminal Justice Ministry for short-term assistance, including Welcome Backpacks

Release to Rent for Veterans

Limited openings in scattered supportive housing for qualified veterans who are homeless and have a criminal record.

Release to Rent

Up to one year of supportive housing for men completing long-term sentences who can work full time. Contact CJM by letter at least six months before release date.

EDUCATIONAL OPPORTUNITY CENTERS**4495 Forest Park Ave. 63108****314-535-6670**

The Educational Opportunity Centers (EOC) are part of the federally-funded TRIO program and provides free educational counseling to assist individuals in furthering their education beyond high school. Call for an appointment.

Educational Opportunity Center**1408 N Kingshighway Blvd., #107 314-367-8100****4644 Gravois Ave. 314-352-4113****13 N Oaks Plaza 314-385-4005****East St. Louis, Illinois EOC****601 James R Thompson Blvd. Building B, Suite 2079 East St. Louis, IL.****62201 618-482-6931****EMPLOYMENT CONNECTION****2838 Market St. 63103****www.employmentstl.org 314-333-JOBS (5627)**

Free employment services to ex-offenders and persons who have a barrier to finding and maintaining employment, and to St. Louis area businesses who are seeking qualified job applicants. Services include: GED classes, on-site job fairs, placement services, homeless veterans program, disabled veterans program. **Bring ID.**

FATHERS SUPPORT CENTER**1601 Olive St. 63103 and several other locations****www.fatherssupportcenter.org 314-333-4170**

The Fathers' Support Center Legal Clinic offers legal advocacy and legal services in the areas of child support payment modifications, legal visitation, etc. Also offers employment services. **FSC has received grant funding for training and job placement for ex-offenders. Call for details.**

FEDERAL BONDING PROGRAM (Dept. of Economic Development)**421 East Dunklin St., PO Box 1087 Jefferson City 65102****573-526-8217**

Provides fidelity bonding insurance coverage to individuals with criminal histories and other high-risk job applicants.

GATEWAY FOUNDATION DRUG AND ALCOHOL TREATMENT CENTERS**www.gatewaycorrections.org/locations/missouri/****877-505-4673, 816-559-8079****1430 Olive Street #300 63103 314-421-6188 and other locations**

Gateway operates programs for the Missouri Department of Corrections in various institutions across the state and in other states. Outpatient treatment at 1430 Olive.

GOODWILL**Many locations.****Career Center of Downtown St. Louis****1727 Locust St****St Louis 63103****www.mersgoodwill.org/about/jobs 314-436-3540**

High school diploma program, training and jobs.

HEARTLAND CENTER FOR BEHAVIORAL CHANGE**www.heartlandcbc.org/ Toll-free number: 866-242-6670**

Several locations in the KC areas and southwest MO areas, Residential RE-ENTRY programs, SATOP and PREA resources. Sliding scale.

HELP FOR FELONS**www.HelpForFelons.org**

A website with information about jobs, loans, tips for getting hired, housing, etc

HUMANITRI**1447 East Grand Ave. 63107****www.humanitri.org 314-772-7720**

Humanitri provides support for prisoner families.

ISAIAH 58 MINISTRIES**2149 South Grand Blvd. 63104 314-776-1410**

Computers, clothing, and other services available between 10:00am-1:00pm.

KAIROS PRISON MINISTRY - MISSOURI**PO Box 191214 63119****www.koeastmo.org 636-577-4733 www.missourikairos.org/**

Support for the families of persons who are or have been incarcerated in the county's correctional facilities, and county jails and youth offender program

JUSTINE PETERSEN**1023 North Grand Blvd. 63106****929 North 15th St., East St. Louis, IL 62205****www.justinepetersen.org 314-533-2411**

Homeowner and small business loans, credit counseling, first time homebuyer options, and more. Loans for formerly incarcerated individuals.

LAUGHING BEAR BAKERY**1610 Olive (in Centenary United Methodist Church) 63103****www.laughingbearbakery.org/ 314-201-3175**

A work-skills training program for ex-offenders.

LEGAL AID/Legal Services of Eastern Missouri**4232 Forest Park Blvd. 63108****314-534-4200 Legal Aid: 800-444-0514****www.lsem.org/**

Free legal services for those who cannot afford an attorney for civil matters, services for those who qualify under income guidelines, preventive legal education programs.

LUTHERAN SOCIAL SERVICES OF ILLINOIS**1405 State St. East St. Louis, IL 62205****www.lssi.org 618-601-3459**

Services include employment, school and resources for clothing, housing, identification, medical, mental health and employment. program.

MISSOURI CURE**PO Box 28931 63132****www.missouricure.org and www.curenational.org 877-525-CURE (2873)**Advocacy for offenders, their families, and others. **No direct services.****MISSION GATE PRISON MINISTRY****PO Box 6644 Chesterfield 63006****www.missiongateministry.org 636-391-8560**

Christian-based residential program. Men and women. Several locations.

MISSION ST. LOUIS**3108 N Grand Blvd 63107****www.missionstl.org 314-534-1188**

Job & Leadership Training for at-risk men, recruiting adult males for skill building.

MISSOURI DEPT. OF CORRECTIONS**www.doc.mo.gov**

Information about re-entry programs and other information and family of incarcerated

NORTH COUNTY COMMUNITY DEVELOPMENT CORP.**2483 Alexandria Place Pkwy 63136****www.northcountycdc.org 314-867-9160**

Shelter and transitional housing programs, including a prison re-entry program.

BOONE COUNTY OFFENDER TRANSITION NETWORK**www.bcofn.org**

This organization provides a comprehensive directory of services for ex-offenders and others in Central Missouri. In PDF format.

PARENT LINK**www.parentlink.missouri.edu 800-552-8522 Espanol 888-460-0008**

Resources about parenting issues. Support for incarcerated parents.

SOUL FISHER MINISTRIES**7267 Natural Bridge Road 63121****www.soulfishersministries.com 314-381-0401**

Programs for formerly incarcerated women and after school classes for children with incarcerated parents. Also transitional housing.

ST. LOUIS ALLIANCE FOR RE-ENTRY (STAR)**www.stlreentry.org**

A coalition working to make the re-entry process more successful.

ST. LOUIS COMMUNITY COLLEGE(S)**www.stlcc.edu Forest Park location: 314-644-9100****ST LOUIS COMMUNITY RE-ENTRY PROGRAM FOR EX-OFFENDERS****1809 S. 8th St. 63104 314-951-4048**

Substance abuse meetings, transitional housing, job training

TEEN (AND ADULT) CHALLENGE OF ST. LOUIS**PO Box 213 High Ridge 63049****www.teenchallengestl.com/ 636-677-1776**

A faith-based 14-month residential recovery program for men of all ages that works with the Hillsboro probation office when needed. Minimal entry fee; the program is free to participants and includes GED instruction, job training, housing, counseling, and more.

US APPRENTICESHIP PROGRAMS**www.doleta.gov/jobseekers****US DEPARTMENT OF LABOR****www.doleta.gov/jobseekers/career_options.cfm**

A comprehensive website. Apprenticeships are available to ex-offenders.

THE WORKFORCE SOLUTIONS GROUP (Accelerated Job Training)**St. Louis Community College's Corporate College.****3221 McKelvey Road Bridgeton 63044****www.stlcc.edu/Workforce-Solutions 314-539-5302**

Develops industry-specific training in partnership with the college's campuses.

STREETWISE

FOR EMERGENCY SHELTER HOMELESS HOTLINE - 314-802-5444

AFFINIA HEALTH CARE

www.affiniahealthcare.org

314-814-8700 to make an appointment 314-898-1782 for Affinia Urgent Care
Six locations. Sliding fee scale to uninsured patients.

BRIDGE OF HOPE MINISTRIES

4001 Cottage Avenue 63113

www.bridgeofhopestl.org 314-312-1383

Clothing Room, Laundry and Showers. Call for times.

for id: COLLEGE CHURCH OUTREACH PROGRAM

St. Francis Xavier College Church

SFX Ballroom at 3620 Lindell (just west of Grand, entrance on Grand) 63108

www.sfxstl.org/outreach 314-266-9557

For both birth certificates and Missouri State IDs. Arrive by 8:45am on Tuesdays.

DREAM CENTER

4324 Margaretta 63115 314-381-0700

Food pantry, clothing, laundry, haircuts and showers. Call for times.

EMERGENCY FOOD STAMPS/SNAP PROGRAM

Info Line: 855-373-4636 Ext. 2

EBT Customer Service Line: 800-997-7777

3101 Chouteau Ave. 63103 314-256-7000

4411 N Newstead Ave., 3rd Floor 63115 314-877-2000

Income Maintenance: 314-877-2400

Post office boxes available where mail can be received.

MERS/MISSOURI GOODWILL INDUSTRIES

1727 Locust St. 63103

www.mersgoodwill.org 314-241-3464

Job opportunities and counseling. Many locations.

NATIONAL RUNAWAY CRISIS HOTLINE 24-HOUR

www.nrscrisisline.org 800-RUNAWAY/ 800-786-2929

www.dmv.org/mo-missouri/id-cards.php

This website will give information about getting a state ID from the Department of Motor Vehicles. Birth certificates also at City Hall, 1200 Market St.. Rm 126 for \$15.

ST. LOUIS DEPARTMENT OF PUBLIC HEALTH

1520 Market St., Room 4050 63103

www.stlouis-mo.gov 314-612-5100

Aids and STD Testing and Info: 888-291-AIDS (2437)

SHAMROCK CLUB DAY TREATMENT PROGRAM AT ST. PATRICK CENTER

800 N. Tucker Blvd. 63101

www.stpatrickcenter.org 314-802-0700

Membership privileges available. Also many other services at St. Patrick Center. Lunch 7 days a week, from 12 - 12:30.

PUBLIC LIBRARIES provide computers and computer labs that give immediate access to the internet. And you can sign up for an e-mail address there.

SUBSTANCE ABUSE TREATMENT

Alcoholics Anonymous (AA) www.aa.org 314-647-3677
Cocaine Anonymous (CA) www.camissouri.org 314-361-3500
Narcotics Anonymous (NA) www.na.org 314-830-3232
Al-Anon www.stl-al-anon.org 314-645-1572

ALEXIAN BROTHERS BEHAVIORAL HEALTH HOSPITAL-ONE-EIGHTY 3933 S Broadway 63118

www.stalexiushospital.com/one-eighty 800-841-4263

Medical withdrawal stabilization, 3-5 day hospital stay, follow-up and more.

ALTERNATIVE BEHAVIORAL CARE

255 Spencer Rd., Suite 101 St. Peters 63376

www.alternativebehavioralcare.com 636-477-6111

Children, adolescent and adult mental health and substance abuse programs that include medication assisted therapy. Opiate recovery and Suboxone assessments.

ASSESSMENT AND COUNSELING SOLUTIONS

4400 S. Lindbergh Blvd. 63127

www.aandcsolutions.com 314-849-2800

Assessment and counseling solutions. Drug and alcohol addiction. Mix of mental wellness and substance abuse services.

ASSISTED RECOVERY CENTER OF AMERICA (ARCA)

6651 Chippewa St. Louis 63109

www.arcamidwest.com 314-645-6840

Detox. In-and out-patient and transitional living treatment programs, more locations

BEHAVIORAL HEALTH RESPONSE (BHR)

www.bhrstl.org

24-hour Mental Health Crisis Line: 314-469-6644 or 800-811-4760

BLACK ALCDRUG SERVICE INFORMATION CENTER (BASIC)

3654 South Grand. 63118

www.basicinc.org 314-621-9009

Drug and alcohol addiction. Substance abuse treatment services.

BRIDGEWAY BEHAVIORAL HEALTH (Several Locations)

St. Louis City Center 1027 S. Vandeventer 63110

St. Charles Center 1570 S. Main St. St. Charles 63303

www.bridgewaybh.com 866-758-1152

Medically-assisted detoxification. Addiction, sexual assault, domestic violence, recovery, mental health, adolescent outpatient. SATOP. 12 locations. Some housing including residential treatment program for women in St. Charles.

CENTER FOR LIFE SOLUTIONS, INC.

9144 Pershall Rd. Hazelwood 63042

www.centerforlifesolutions.org 314-731-0100

Crisis Intervention Hotline: 314-302-6728

CSTAR, Medication-assisted and methadone treatment programs.

CENTERPOINTE HOSPITAL

4801 Weldon Spring Parkway St. Charles, MO 63304

www.centerpointehospital.com 636-441-7300 or 800-345-5407

Dual diagnostic treatment. Adolescent outpatient, behavioral health services including residential treatment programs. Several outpatient locations.

CENTREC CARE, INC.**1030 Woodcrest Terrace Dr. 63141****www.centrecare.com 314-205-8068**

Drug and alcohol addiction, detox, buprenorphine treatment. Special Programs. Teenagers, persons with co-occurring mental and substance abuse disorders. Self payment. Privately provided health insurance, military insurance.

CLAYTON BEHAVIORAL**9890 Clayton Rd., Suite 100 63124****www.claytonbehavioral.com 314-222-5830**

Drug and alcohol outpatient addiction programs. Medically-assisted detox (VIVITROL®, Antabuse, Acamprosate and SUBOXONE®).

COMMUNITY SERVICES OF MO**4456 S. Lindbergh Blvd. 63127****www.DWIprograms.com 314-849-6855**

Drug and alcohol addiction, halfway house. Special Programs, DUI/DWI, Rehabilitation. Self payment. Sliding fee scale. Private court service.

COMPREHENSIVE BEHAVIORAL HEALTH CENTER**505 South 8th St. East St. Louis, IL 62201****www.cbhc1.org 618-482-7330 (Office)**

Mental health and substance abuse treatment, rehabilitative and social support on a twenty-four hour basis. Works with Alton Mental Health Center..Emergency and Crisis Intervention. Children, adolescents and adults.

COMTREA**www.comtrea.org 636-931-2700**

Several Jefferson County and South County locations. Substance abuse treatment services, psychiatric services, individual and group therapy, and special programs for domestic violence, as well as 24-hour crisis services.

CROSSROADS PROGRAM**626 Cepi Dr. Chesterfield 63005****www.thecrossroadsprogram.com 636-532-9991**

A drug and alcohol rehab center for teens. St. Louis, Kansas City and Columbia.

DRUG COURT PORTAL**PREFERRED FAMILY HEALTHCARE****pwww.pfh.org/portal-drug-court**

Virtual World Treatment for Drug Court Participants. Treatment is facilitated in a 3D virtual environment in conjunction with drug court provisions.

GIBSON RECOVERY CENTER**340 S. Broadview, Cape Girardeau, MO 63701****www.gibsonrecoverycenter.org 573-332-0416**

In and outpatient drug and alcohol treatment, southeast Missouri communities.

HARRIS HOUSE**8315 S. Broadway 63111****www.harrishouse.org 314-631-4299**

Drug and alcohol addiction. Halfway house, women, men. Self payment.

HAVEN RECOVERY HOMES**www.havenrecoverystl.com 314-930-9384**

Residential treatment with live-in housing managers, support meetings and resource assistance in structured alcohol-and drug-free living environment.

HEARTLAND CENTER FOR BEHAVIORAL CHANGE

www.heartlandcbc.org/ Toll-free number: 866-242-6670

Several locations including Springfield and Branson. , SATOP and PREA resources.

HILLJACK HOUSE

www.hilljackhouse.org 314-255-3964

Supportive sober apartment living in south city buildings for men and women trying to overcome substance addictions. Call or view their website for more information.

HYLAND BEHAVIORAL HEALTH CENTER (Mercy)

St. Anthony's Medical Center 10018 Kennerly Road . 63128

314-525-7275

METROPOLITAN PSYCHIATRIC CENTER OF ST. LOUIS

5351 Delmar Blvd. 63112

www.dmh.missouri.gov/mpc 314-877-0500

Detox. Persons with co-occurring mental and substance abuse disorders. State or government financed insurance. Forensic programs.

MIDWEST INSTITUTE FOR ADDICTION

711 Old Ballas Rd., Suite 203 63141

www.midwestinstituteforaddiction.org 314-569-2253

Inpatient and outpatient treatment programs. Medically assisted treatment and counseling to treat alcohol and drug addiction. Sliding scale and financing options.

MO NETWORK FOR OPIATE REFORM AND RECOVERY

4022 South Broadway 63118

www.monetwork.org 314-717-3472 24 hour help line at 1-844-REBEL-UP.

Legislative reform, harm reduction, family support, resources for detox and treatment placement. Also legal services. Free 12 panel drug screen test and Narcan. Now offering a syringe exchange program.

MISSOURI OPIOID STATE TARGETED RESPONSE

www.dss.mo.gov/opioid-crisis-response.htm

NCADA National Council on Alcohol and Drug Abuse

9355 Olive Boulevard St. Louis, MO 63132

www.ncada-stl.org 314-962-3456

Substance use assessments. Naloxone (Narcan) training.

NEW BEGINNINGS CSTAR INC

1408 N. Kingshighway 63113

www.newbeginningscstar.com 314-367-8989

Drug and alcohol addiction services. DUI/DWI rehabilitation, criminal justice clients.

NORTHBOUND ST. LOUIS

333 S Kirkwood Rd., Suite 303 Kirkwood 63122

www.livingsober.com 314-678-1130

Treatment for alcoholism, addiction to other mood altering chemicals, and dual diagnoses. Services: Clinical evaluations, interventions, outpatient services.

OXFORD HOUSE

2715 Osage St. 63118

www.oxfordhouse.org 314-772-6771

National, self-run, self -supported, addiction recovery houses. Subsidized rent and meals in separate buildings and programs for men and women.

PLACES FOR PEOPLE**4130 Lindell Blvd. 63108****www.placesforpeople.org 314-535-5600**

Comprehensive substance-abuse treatment program.

PREFERRED FAMILY HEALTHCARE, INC.**3800 S. Broadway 63118****www.pfh.org 314-772-2205**Behavioral health organization offering substance abuse treatment, prevention, and mental health services, including **eight locations** in St. Louis and the Metro area.**PROVIDENT, INC.****www.providentstl.org SEVERAL LOCATIONS.****Life Crisis Hotline 314-647-HELP (4357) or 1-800-273-TALK (8255)****For first appointment, call: 314-533-8200 or 800-782-1008 314-898-0101**

Mix of mental wellness, counseling, and substance abuse services. Sliding scale.

QUEEN OF PEACE CENTER**325 N. Newstead St. 63108****www.qopcstl.org 314-531-0511 Ext. 1**

Drug and alcohol addiction services, Supportive and permanent housing at five locations and at scattered community sites. Walk-In Clinic Hours For Women and Children: Monday – Friday, 9am – 3pm. CSTAR. Residential and outpatient.

REFUGE RECOVERY**A Buddhist Path to Recovering from Addiction****www.refugerecovery.org**

Mindfulness-based addiction recovery based on Buddhist philosophy. Website lists local and national locations and more. All are welcome.

SALVATION ARMY ADULT REHAB CENTER (ARC)**3949 Forest Park Blvd. 63108****www.satruck.org 314-535-0057**

Men's non-clinical residential rehab and work for chemical dependency.

SALVATION ARMY**2900 Washington Blvd. 63103****314-652-3310**

Drug and alcohol addiction, detox and rehab programs up to 21 days.

No residential. Now accepting women on out-patient basis. CSTAR, veterans.

SAMHSA: SUBSTANCE ABUSE SERVICES LOCATOR**www.samhsa.gov www.suicidepreventionlifeline.org****Suicide Prevention Lifeline 800-273-TALK (8255)**

A comprehensive website that provides a treatment locator and many other resources.

SATOP Substance Abuse Traffic Offender Program**www.dwipprograms.com**

Many locations, programs and phone numbers listed on this website.

SOUTHEAST MISSOURI BEHAVIORAL HEALTH**www.semoctc.org 800-455-5749**

Many locations listed on their website. Professionals dedicated to individualized drug and alcohol treatment. Admissions accepted 24/7.

STEPPING INTO THE LIGHT MINISTRY**1402 Hebert 63107 www.sitlm.org 314-231-5175 or 314-213-4697**

90-day residential treatment program for drug and alcohol abuse

ST. ALEXIUS HOSPITAL ONE-EIGHTY PROGRAM**3933 S. Broadway 63118 2639 Miami Street 63118****www.stalexiushospital.com/one-eighty 314-865-7000.**

Medical withdrawal stabilization only; no outpatient services.

ST. LOUIS EMPOWERMENT CENTER (Depression Bipolar Support Alliance)**907 Dock Street 63147****www.dbsaempowerment.org 314-652-6100 Friendship Line: 866-525-1442**

A drop-in center for mental health and substance abuse recovery self-help meetings.

ST. LOUIS METRO TREATMENT CENTER**9733 St. Charles Rock Rd. Breckinridge Hills 63114****www.methadonetreatment.com 314-423-7030**

Outpatient clinic specifically for opioid class of drugs, including prescription meds.

ST. LOUIS VALLEY HOPE**12777 Olive Blvd. 63141 314-514-9220 or 800-544-5101****Boonville: 1415 Ashley Rd. 65233 660-882-6547 www.valleyhope.org**

Drug and alcohol addiction services. Individualized treatment and variable lengths of stay Residential and out-patient. Self payment. Sliding scale.

ST. LOUIS VETERANS AFFAIRS MEDICAL CENTER**915 N. Grand St. 63106****www.va.gov 314-652-4100 Ext. 5****Jefferson Barracks Division #1 Jefferson Barracks Dr. 63125 314-894-6693**

Drug and alcohol addiction, detox, methadone, detox, halfway house, more.

ST. PATRICK CENTER**800 N. Tucker Blvd. 63101****www.stpatrickcenter.org 314-802-0693**

Drug and alcohol addiction services and Shamrock Club. Lunch every day.

ST. VINCENT HOME FOR CHILDREN**7401 Florissant Road 63121****www.saintvincenthome.org 314-261-6011**

Residential and outpatient substance abuse treatment programs for youth.

SYRINGE EXCHANGE**MISSOURI SAFE PROJECT****www.mosafe.org . 314-610-0999**

A program to end new HIV/HEP C infections and promote harm reduction.

TEEN CHALLENGE OF ST. LOUIS**2650 Appletree Acres Ln. High Ridge 63049****www.teenchallengestl.com 636-677-1776**

Drug addiction treatment. Part of the network across the US.

WEST END CLINIC, INC.**5736 W. Florissant Blvd. 63120****www.westendclinic.org 314-381-0560**

Methadone services. Detoxification, halfway house, partial hospitalization/day treatment, intensive outpatient treatment.

WISH CENTER SSM Health St. Mary's Hospital**1035 Bellevue, Suite 205 Richmond Heights 63117****www.ssmhealth.com/locations/location-details/wish-center 314-768-8230***The Women and Infants Substance Help (WISH) provides comprehensive high risk maternity care to pregnant women who are dependent on opioid drugs.*

UTILITY ASSISTANCE

Call 2-1-1 or visit www.211helps.org/

CARDINAL RITTER SENIOR SERVICES

314-918-2258 Utilities only.

Clients must be 60 years of age and older. City residents in threat of disconnect.

COOL DOWN ST. LOUIS/HEAT UP ST. LOUIS

www.cooldownstlouis.org www.heatupstlouis.org **314-241-7668**

Websites with information about utility assistance, tips, and much more.

DOLLAR HELP/UTILITY ASSISTANCE

www.dollarhelp.org **Spire Assistance Number: :800-887-4173**

Locations and phone numbers of agencies offering utility assistance.

ENERGY CARE

2758 Wyoming St. 63118

www.energycare.org **314-773-5900**

Provides a variety of services for low-income seniors (60+), people living with chronic illnesses and disabilities, and families with children under five.

FATHER BOB'S ST. AUGUSTINE CATHOLIC CHURCH

1371 Hamilton Ave. 63112

www.fatherbobsoutreach.com **314-385-1934**

Utility and rental assistance every Monday, Wednesday, Friday to the first 30 people in line by 6:00am. Must have ID, utility bill or rental agreement and \$25 cash or money order which will be matched with up to \$75 toward the bill. Food pantry and clothing:

FRANCISCAN CONNECTION

2903 Cherokee St. 63118

www.franciscanconnection.org **314-773-8485**

Utility assistance, bus passes, school supplies, new shoes.

NEW LIFE EVANGELISTIC CENTER (Downtown location closed)

2428 Woodson Road Overland, MO 63114

www.newlifeevangelisticcenter.org **314-421-3020**

PAKT Community Resource Center

500 Airport Rd Ferguson, 63135

www.paktcenter.org **314-524-2710**

Rent and utility assistance, food pantry, clothing, after-school program & more for North County residents. Call the number above for details.

SALVATION ARMY

314-646-3000

824 Union Rd St. 63123 314-631-1133

Salvation Army Gateway Corps

824 Union Rd St. 63123 314-631-1133

Referral to utility assistance throughout the area by zip code.

URBAN LEAGUE UTILITY ASSISTANCE

St. Louis City Division 935 Vandeventer St. 63108

www.ulstl.com **314-615-3684**

Many locations. Call main number above or check website.

for VETERANS

CRISIS LINE

1-800-273-8255, press 1. (24/7)

Live Chat with the Veterans Crisis Line (24/7)

SUICIDE PREVENTION HOTLINE

800-273-TALK (8255) Press 1 for veterans

HOPE RECOVERY CENTER

515 North Jefferson Ave. 63103

314-652-4100 Ext. 55460

Transitional outpatient services including a HOMELESS VETERANS PROGRAM.

EMPLOYMENT CONNECTION

2838 Market St. 63103

www.employmentstl.org 314-333-JOBS (5627)

Homeless Veterans Reintegration Program Job placement services and housing.

Supportive services for families. Rental assistance, deposits, utilities, etc.

HELP FOR HOMELESS VETERANS: 877-424-3838

H.E.R.O.E.S. Care

1306 R West Lark Industrial Dr. Fenton 63026

www.heroescare.org 636 600-0096

Food, clothing, financial assistance more for veterans, active military, and families.

THE MISSION CONTINUES

1141 South 7th St. 63104

www.missioncontinues.org 314-588-8805

Veterans engage in community service in St. Louis and nationwide to continue their service in a meaningful way.

MOVE: MISSOURI VETERANS ENDEAVOR

8410 Engler Park Ct. St. John 63114

www.move-stl.org 314-778-9497

Non-profit organization that provides long-term supportive housing and services to veterans and family members. Near Highway 170.

MY NEXT MOVE FOR VETERANS

www.mynextmove.org

ST PATRICK CENTER

800 N. Tucker 63101

www.stpatrickcenter.org 314-802-0700

Supportive services (Housing, Employment, Recovery, Opportunities). Call for information about apartments for veterans. Includes surrounding counties.

RELEASE TO RENT FOR VETERANS

Criminal Justice Ministry

1104 South Jefferson 63104

www.cjmstlouis.org 314-652-8062

Supportive housing for veterans who are homeless and have a criminal record.

STAND DOWN

National Coalition for Homeless Veterans

1730 M St. NW, Suite 705 Washington, DC 20036

www.nchv.org/ 202-546-1969 Toll-free phone: 800-VET-HELP

ST. LOUIS COUNTY VETERANS PROGRAM**9666 Olive Blvd., Suite 510 63132****www.stlouisco.com 314-615-4516 TTY: 800-735-2966**

Various services including case management, referral for benefits, legal, medical, employment, housing and transportation assistance.

North County: 21 Village Square, Hazelwood, 63042 314-625-4000**South County: 4548 Lemay Ferry Rd. 63129 314-615-4000****Community Outreach: 314-615-7433****ST PATRICK CENTER Supportive Services for Veterans Families (SSVF)****800 N. Tucker St. Louis MO. 63101 314-802-0700**

For homeless veteran families in St. Louis area and rural counties. Rapid-re-housing, short-term housing assistance, case management services, and more.

TRUE NORTH MANAGEMENT SERVICES**940 Biltmore Dr. Fenton 63026****www.tnmsllc.com 636-717-0111**

Veteran-owned St. Louis-based cellular network construction firm. Hires veterans and active reservists. Also locations in Kansas and Tennessee.

US DEPARTMENT OF VETERANS AFFAIRS**St. Louis Regional Benefit Office****400 S 18th St. 63103****www.va.gov/directory/guide 800-827-1000**

Addresses, phone numbers, programs, benefits, job openings specifically for veterans.

VA MEDICAL CENTER**www.stlouis.va.gov****800-228-5459 314-652-4100 Ext. 53772****314-289-6418 (Methadone Clinic)****314-894-6693****John Cochran Division: 915 N Grand Blvd. 63106****Jefferson Barracks Division: #1 Jefferson Barracks Dr. 63125****VETERANS BENEFITS and other VA information: 800-827-1000****http://www.stlouis.va.gov**

Addresses, phone numbers, programs, job openings specifically for veterans.

VETERANS CRISIS LINE**www.veteranscrisisline.net 800-273-8255 TTY: 800-799-4889**

Connects veterans in crisis (and their families and friends) with Dept. of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

VETERANS FOR PEACE**1404 N Broadway 63102****www.veteransforpeace.org 314-725-6005**

International organization of military veterans, military family members, and allies dedicated to building a culture of peace Over 120 chapters across the US and abroad.

www.st.louis.va.gov**www.veteransworld.com****www.va.gov**

YOUTH SERVICES

24/7 Youth Connection Helpline: 877-928-2929 or 314-628-2929

24-Hour Help Line: 636-946-3771

National Suicide Prevention Lifeline: 800-273-TALK (8255)

Or use the online services to chat, email, or post on the forum.

www.1800runaway.org

CRISIS TEXT: Text START or GO to 741741 www.crisistextline.org

National Runaway Safeline www.1-800runaway.org 800-786-2929t

ANNIE MALONE Children and Family Service Center

2612 Annie Malone Dr. 63113

www.anniemalone.com 314-531-0120

Crisis center, day care, services for teenagers through community programs.

B-WORKS

2414 Menard St. 63104

www.bworks.org 314-827-6640

Earn a computer, fix up a bike to keep, write a book. Programs for kids.

BIG BROTHERS BIG SISTERS

www.bbbsemo.org

501 N. Grand Blvd., Suite 100 63103 314-361-5900

28 Portwest Court St. Charles, MO 63303 314-361-5900

Parenting education, self-help, counseling and more.

BUILDING FUTURES: Design and Build Workshop

2720 N. 13th St. St. Louis, MO 63106

www.building-futures.org 314-241-7222

Free Saturday classes with professional instructors. Also, in schools & camp.

CAP4KIDS (Children's Advocacy Project) www.cap4kids.org

Many services listed, including employment, training health care and housing.

CENTER FOR YOUTH ON THE RISE

12075 Bellefontaine Rd. Spanish Lake 63138 314-355-2348

Ages 12 to 19. A variety of activities and services. Life skills workshops, counseling services, educational support, employment preparation, legal assistance.

CHADS COALITION (for Mental Health)

421 Union Rd 63129 www.chadscoalition.org 314-952-2046

A variety of suicide and bullying prevention programs.

COLLEGE BOUND

110 North Jefferson 63103

www.collegeboundstl.org 314-361-4441

Information and resources on how to plan, pay for and pursue a college education.

COMMUNITY WOMEN AGAINST HARDSHIP

3963 West Belle Place 63112

www.cwah.org 314-289-7523

Many anti-poverty family and youth based programs.

COVENANT HOUSE

2727 North Kingshighway 63113

www.covenanthousemo.org 314-533-2241

Shelter, food, showers, laundry facilities, information, referrals, and crisis intervention.

DEMETRIOUS JOHNSON CHARITABLE FOUNDATION**724 N. Union 63108****www.djcfivesback.org 314-367-4141**

A variety of programs such as GED classes, tutoring, internships, dancing, more.

EPWORTH'S YOUTH DROP-IN CENTER/STREET OUTREACH**7520 Natural Bridge Rd. Normandy 63121****www.epworth.org Office-314-222-4877 Outreach-314-952-8689**

Mon-Thur 12pm-5pm; Friday 1-5pm and some evenings. Laundry and shower; safer sex kit, legal aid, and birth certificate and ID assistance; support for LGBTQ youth.

HARAMBEE YOUTH TRAINING**1142 Hodiamont Ave. 63112****www.restorestlouis.org 314-726-2302**

Job training and skill development in construction trades with a concentration on tuckpointing. For ages 12 - 18. After school and summer programs available.

KIDS UNDER TWENTY ONE (KUTO)**KUTO Crisis Helpline: 314-644-5886 Toll Free: 888-644-5886**

Provides crisis prevention services and suicide intervention

LIFEWISE STL (Formerly Kingdom House)**1321 South 11th St. 63104****www.kingdomhouse.org 314-421-0400**

Early Childhood Center, Literacy-focused After School and Summer Camp, and Kingdom Academy for teens. Call for eligibility & geographic areas served.

MARYGROVE**2705 Mullanphy Ln. Florissant 63031****www.marygrovechildren.org 314-830-6201**

Transitional housing and crisis care for children who are in need of emergency care due to homelessness, abuse/neglect, parental stress, illness, incarceration of a parent.

MOTHERS WAY CAREER COUNSELING**4134 Seven Hills Dr, Florissant, MO 63033****www.motherswaycc.com 314-561-8507**

Housing, child care and services for youth transitioning from foster care

ST. LOUIS COUNTY YOUTH CONNECTION HELPLINE**314-628-2929 or 877-928-2929****THE SPOT (FOR AGES 13-24)****4169 Laclede Ave. 63108****www.thespot.wustl.edu 314-535-0413**

A drop-in center open M-F afternoons. Laundry, showers, STD/HIV testing, more.

TREVOR PROJECT**www.trevorproject.org 866-488-7386**

National organization providing crisis intervention, resources, to LGBTQ young people.

YOUTH AND FAMILY CENTER**818 Cass Ave. 63106 314-231-1147**

Youth programs, summer camp, and family support services.

YOUTH IN NEED**www.youthinneed.org 636-946-5600 Crisis Hotline 24/7: 636-946-3771****In St. Louis County: 314-628-2929****In St. Charles County: 636-642-0642****In St. Louis City: 636-946-3771**

WEBSITES & HOTLINES

Alcoholics Anonymous (AA).....	314-647-3677
ALIVE-Domestic Violence	314-993-2777
Better Family Life Gun De-escalation	314-203-3900
Call For Help Metro East.....	618-397-0968
Cocaine Anonymous (CA)	314-361-3500
Covenant House Youth Hotline.....	800-999-9999
Crime Stoppers.....	866-371-TIPS (8477)
Crisis Nursery Emergency Care for Children.....	314-768-3201
Elder Abuse Hotline.....	800-392-0210
Epworth Street Outreach (YES).....	314-727-6294
Housing Hotline (City or County).....	314-802-5444
Life Crisis Suicide Hotline.....	314-647-4357
MEDICAID.....	www.medicaid.gov
MEDICARE.....	www.medicare.gov
MO Child Abuse and Neglect.....	800-392-3738
MO HealthNet FSD Information Center.....	855-373-4636
Narcotics Anonymous (NA).....	314-830-3232
Runaway Switchboard	800-621-4000
Safe Connections-Domestic Violence	314-531-2003
Women's Safe House	314-772-8952

2-1-1 (Operated by United Way 24/7)

www.211helps.org

Counseling, education, employment, utility assistance, etc. Mainly referrals.

AFFORDABLE CARE ACT HEALTH INSURANCE (Obamacare)

www.HealthCare.gov INFORMATION LINE: 800-318-2596

AID TO VICTIMS OF CRIME HOTLINE: 314-652-3623

BEHAVIORAL HEALTH RESPONSE

www.bhrstl.org 24-hour Crisis Line: 314-469-6644 or 800-811-4760

CALL FOR HELP, INC. (METRO EAST)

www.callforhelpinc.org 618-397-0968

Comprehensive crisis and other services in Metro East.

CATHOLIC CHARITIES

4532 Lindell Blvd. 63108 www.ccstl.org 314-367-5500

CHILD ABUSE AND NEGLECT HOTLINE 800-392-3738

The Children's Division Child Abuse and Neglect Hotline (CA/NHU) is a toll-free telephone line which is 24/7. For hearing and speech impaired, **contact Relay Missouri 1-800-735-2466/voice or 1-800-735-2966/text phone.**

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY

www.caastlc.org 314-863-0015

HUNGER HOTLINE**Operation Food Search: 314-726-5355 Ext. 3**

This organization provides an automated list of food pantries by zip code.

KANSAS CITY AREA RESOURCES**Comprehensive Listings at www.kansascityarea.org****www.medicaid.gov**Low cost health insurance through Medicaid or CHIP (Children's Health Insurance Program). **www.chipsstlouis.org****MID-EAST AREA AGENCY ON AGING****www.agingmissouri.org 636-207-0847 or 636-207-1323****MISSOURI HEALTH CARE MARKETPLACE****www.EnrollMissouri.org 24-Hour Hotline: 800-318-2596**

Hotline handles consumer questions and starts the process

MISSOURI IDENTIFICATION & VITAL RECORDS**www.mo.gov/home-family/identification-vital-records****NATIONAL ALLIANCE FOR MENTAL HEALTH (NAMI)****Nation-wide Suicide Prevention****www.nami.org HOTLINE number: 800-273-8255**

The NAMI website provides resources and information about mental illness.

NATIONAL DOMESTIC VIOLENCE**800-799-SAFE (7233) or 800-787-3224****PARAQUAD****www.paraquad.org 314-289-4200**

Advocacy and programs to provide independence for people with disabilities.

SAFE CONNECTIONS**2165 Hampton Avenue 63139****www.safeconnections.org 314-531-2003**

Various programs and resources for victims of domestic violence.

ST. LOUIS CITY GOVERNMENT WEBSITE www.stlouis-mo.gov**ST. LOUIS COUNTY GOVERNMENT WEBSITE www.stlouisco.com****ST. LOUIS YOUTH CONNECTION****www.youthinneed.org Access crisis help 24 hours a day****In St. Louis County: Youth Connection Helpline at 314-628-2929****In St. Charles County: Helpline at 636-642-0642****In St. Louis City: Call Youth In Need's 24-Hour Help Line at 636-946-3771****Text: 4HLP to 31658****ST. VINCENT DE PAUL ASSISTANCE LOCATOR****www.svdpstlouis.org or 2-1-1.****URBAN LEAGUE www.ulstl.com 314-615-3600**

The Dr. Martin Luther King, Jr. State Celebration Commission of Missouri
c/o Dr. LaTonia Collins Smith, Chairperson
3026 Ladele Avenue
St. Louis Missouri, 63103

